IRIDOLOGY

A complete guide to diagnosing through the iris and to related forms of treatment

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Chapter 4

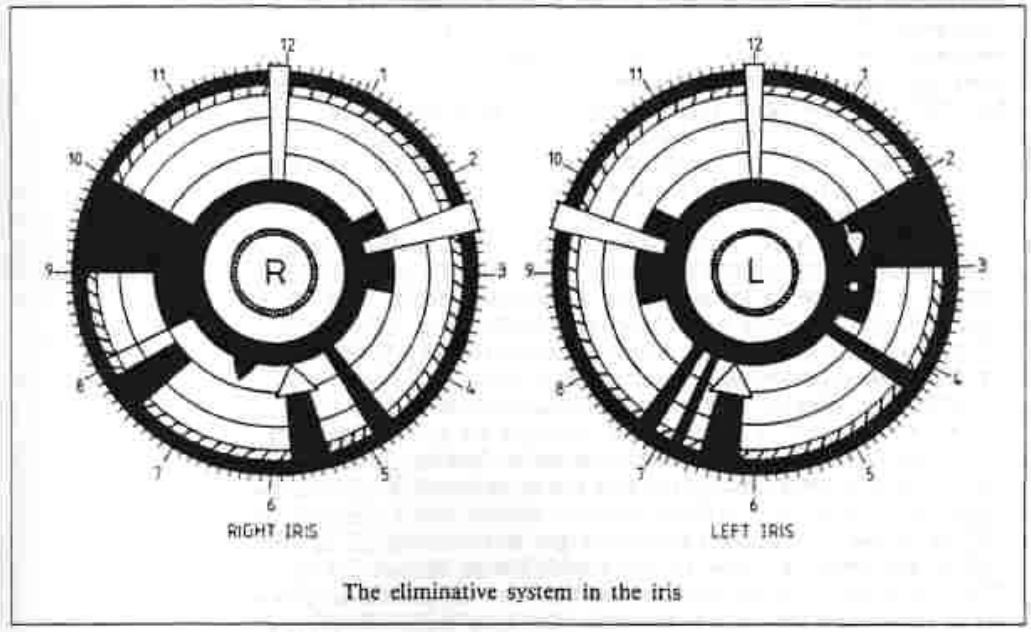
Clearing Space — The Eliminative Channels

THE ELIMINATIVE SYSTEM

Pathways to health or disease

The first step to visualizing our transparent body is to gain a clear understanding of the eliminative channels: the bowels, kidneys, lungs, skin and lymph. Unless wastes are allowed free and unhindered passage out of our body, toxins accumulate and obstruct natural functions. The stage is set for the degenerative processes which are the beginnings of disease.

Our body inhales air, absorbs moisture and takes in nutrients from the world. After discrimination, digestion and assimilation, wastes must be eliminated. A rhythmic balance between intake and elimination is



The eliminative system in the iris

essential for well-being. If there is more intake than outflow, wastes are retained in the body causing fermentation and the spread of toxins throughout the system. Toxicity, degeneration and imbalances of bodily processes result. If there is more outflow than intake, the person soon becomes weak and depleted.

Because it is difficult for a person to gain an understanding of their own eliminative channels, the iridologist acts as a teacher. During the analysis the iridologist can see the condition of each eliminative channel, whether it is working adequately, or whether other channels are

compensating. Almost every person lives their life with two or more eliminative channels functioning at low levels. This effectively diminishes vitality and accelerates the ageing process.

The eliminative channels are a reflection of forces within our bodies which are working to preserve health and to protect us. We need to understand and work with these forces and recognize how important they are to our well-being. We also need to understand that these physiological forces are reflections of our emotional, mental and spiritual attitudes. When the physical processes are allowed to work freely, the individual experiences a release on other levels as well. The eliminative forces are powerful friends that work for us at every moment. If we remove any obstructions to their function and then consciously strive to maintain their regular performance, they will keep our bodies clean and clear.

The pathway to the transparent body is a sensitizing, softening process which awakens us to our vulnerable and tender self, the loving child within. The clearer and cleaner our bodies are, the softer and more responsive we are to our inner spirit, the spirits of the brothers and sisters around us, to nature and how we live in the world. Purification has always been a sacred part of religious or spiritual initiations and ceremonies. Once we learn about our own uniquely personal body, and once we bring our body to balanced active function we shall know what we need to do to keep ourselves well. Our body will then serve us, so that we can turn our attention to living a full and productive life.

Before we consider a treatment of the eliminative channels we must clarify our belief system and establish a practical philosophy. Hering's Law of Cure helps us to understand that healing forces come from within and move outward. One of the first manifestations of this healing force would be the clearing of all obstructions to elimination and the opening of their pathways.

Our body is designed to work efficiently, so if we cleanse, support, activate and strengthen these natural functions we will be helping the body to do its work. Orthodox medicine has worked for centuries with the concept that nature is negative, that it is to be feared. Nature causes disease and therefore treatments must be active, even violent, in an attempt to put nature in its place. We prefer to see nature as both positive and negative. How we work with her or against her is the determining factor. Birth, maturity and death are all around us. It is a fact of life that all that is born must die. The body carries the seeds of death as well as tremendously powerful forces seeking to preserve and maintain life. The lesson to be learned is that nature does have laws, and if we break them either through ignorance or rebellion the results are the same. What goes against nature reaps its reactions. We make the choice to nurture positivity by taking responsibility for ourselves and by choosing to respect nature's laws.

Acceptance of Positivity and Negativity

Iridology is a diagnostic tool which helps us look at our positive and negative aspects and to come to terms with them. If we fear the negative realities and try to hide from them we still have to face them sooner or

later. Although truth and acceptance of both positive and negative realities connects one with life on deeper levels of being before you realize the potential of death as an every day companion, the reward of this acceptance is consciousness. The negative realities are not condemned to the prison of a shadow self and we are not denied the creative energy that is their counterpart. Negative realities, once accepted, can be raised to consciousness, and transmuted by energies freed from repression and resistance. When we accept nature in its entirety, in both its constructive and destructive principles, we can learn its laws. Only when we know the laws can we strive to uphold them.

Death is inevitable. It comes to us all. How we prepare for it is our choice. Regardless of whatever we do, think, or feel, it comes to us. Death is happening around us every moment of our lives. Cells are born and die. Seasons come and go. Plant life surges upward towards the sun, then withers away. Yet seeds are sown, and roots hold life within for another season. Whenever bodies hold life, death is inevitable. The form will be dissolved and the life spirit freed. Iridology gives us perception and the understanding to accept and work with our positive and negative inheritance. We need no longer fear and hide away from our destructive principle. With consciousness our weaknesses can come into the light of day, and serve as warning signals to let us know we have gone too far.

Elimination and the force of movement from within outward as a part of the healing process also happens in other ways. The release of repressed or unconscious toxicity exists on many levels, and once the main force of crystallization begins to break up, the momentum includes the dispersal of mental and emotional negativity. Tears often accompany these clearing processes and it is interesting to note that they often burn your cheeks, making them red because they contain acid salts.

Women's periods can become an alternative for regular eliminative channels. Many women suffer physical and emotional disturbances, especially from the time of ovulation to the onset of the period. Although this has been tidily named pre-menstrual syndrome, there is more to it than meets the eye. We find that the iris reveals either the accumulation of pelvic toxins or inflammation together with the obstruction of one or more eliminative channels. The menstrual cycle, influenced by endocrine vibrations, attempts to clear pelvic toxins and their effect on the potential womb of life by turning the period into an eliminative channel. These energies reach peak levels during menopause when the surfacing of the unfulfilled aspects of our life, our shadow self, makes a bold and powerful attempt for recognition. If the mature woman can accept and eventually welcome all that she projects or represses as a part of her potentially destructive or creative power, then her energy is relieved from the insidious duty of invisible degeneration. Menopause becomes an opportunity for the self-birth of her complete full psyche. From this balanced, grounded, viewpoint she can offer her creative, nurturing and administrative abilities in the service of mankind as she develops her inner spiritual life.

The sum total of our toxic and degenerative realities are completely interwoven with our unconscious repressions and resistances. Iridology releases us by offering enlightened impartial opportunities for evolution,

reassuring us that release from ignorance is not something to be feared but is a positive way of dealing with the realities of this world. By letting go of negativity, we make space to receive positive healing.

Elimination is also activated through secretions and discharges from body openings, such as the eyes, ears, nose, vagina, penis, breast nipples and mouth, when the regular eliminative channels are not functioning properly. Treatment of such exudations must include the return to function of each of the five main eliminative channels. Stopping the exudation and acute activity of any body openings without clearing the main pathways will only result in further suppression until the eliminative energies gather strength once more to attempt release. Repeated suppressions eventually cause a loss of power with the result that the eliminative channels are no longer able to generate the energy to eliminate morbid accumulations.

Taking into consideration all of the above thoughts and principles let us consider a basic approach to treatment. The first consideration is to relieve any obstructions to elimination and the second to support any weak organ and system. With that as the foundation we can then offer tonics to strengthen and stimulate the energy which will be required to overcome inertia and exhaustion. During this transitional period counselling and instruction will give the opportunity to adjust mental and emotional patterns, and to learn new living habits to support the emerging health pattern. The healing crisis (or preferably the healing achievement) is reached when positivity overcomes negativity, and establishes a new pattern of movement towards health and healing.

The healing achievement and the eliminative channels

Many natural medicine practitioners have written about the healing crisis as a potentially dreadful experience, to be sought after and then endured once it has manifested. What we have experienced is that healing crisis aggravations are diminished by the active, continuous flow of eliminations on a daily basis. Occasional disturbances or exudative manifestations are mild and can be adjusted and alleviated by supportive natural treatment. Rashes, diarrhoea, colds, headaches or tiredness are some of symptoms that come up during treatment. Iridology helps us approach treatment so that aggravations are minimal, except in cases of severe chronic disease. The acute stage of uncomfortable symptoms can be minimized by practical treatments such as mustard baths, enemas, juice fasts, aromatherapy baths, herbal teas, poultices, castor oil packs, hydrotherapy, etc.

The healing process is one of softening, opening up and letting go. It manifests when the vital force increases and body fluids and pressures are equalized, thus facilitating the communication of function on all levels. Areas of stress, congestion or depletion are relieved and balanced. Health is a dynamic process of being in the present and allowing life to flow in and out at all levels. There is neither obsession with the past nor with the future. We let go to make space for what is coming next.

In the healing process we let go of negative, toxic, destructive and unassimilated residues on all levels and make way for positive, cleansing and regenerative forces. Treatment provides and releases the level of positivity needed to overthrow the accumulated resistant negativity. This

timing is different for everyone. Each person's cycle of healing is unique. Degenerative disease treatment like the Gerson Therapy applies highly intense levels of positive intake to overthrow excessive levels of degeneration. The balance of cell growth must be greater than cell destruction.

Whenever you are involved in a healing and purifying course of treatment it is helpful to ask yourself the following questions and evaluate the answers. Consider the physical, emotional, mental and spiritual aspects of the problem.

> What am I taking into myself that is good for me? What am I taking into myself that is not good for me?
>
> What is the balance between what I am taking in and what I am eliminating?
>
> What am I eliminating that is good and what am I eliminating that is not?
>
> What am I holding on to that is good and what am I holding on to that is not?
>
> How am I stopping the elimination of what is good for me?
>
> What can I do to let go of what is harmful to me?
>
> How can I increase my acceptance of what is good for me?

The above questions will help you to take a clear look at what is happening in your life. Once we can see what we have to do, it is only a matter of time until we achieve it. Conscious recognition and acceptance is the first step.

THE ELIMINATIVE CHANNELS

The bowels

If we imagine the thin crust of earth which sustains life on the edge of our planet, we become aware of the life under the earth's surface, which sustains the growth of plant life which makes it possible for us to live on this planet.

Let us, for a moment, imagine the billions of worms, tunnelling and burrowing their way through the earth. This great network in constant motion beneath our feet makes the soil rich and loose. They nourish the soil that nourishes every living thing on this planet.

After expanding your consciousness to include the global activity of these billions of worms and offering thanks for all they contribute to the life we enjoy, turn your attention to your gastro-intestinal tract and imagine the tube that goes through your body as if it were a great worm, passing nutrient through our system. This is our great connection with those humble tireless servants of the earth.

Although doctors, surgeons, anatomists and pathologists see the insides of man's bodies, they never relate the toxic accumulation in the bowels to the cause of disease in any practical way. It is essential to face

the reality of body cleanliness in all its aspects and to comprehend the relationship between toxicity and disease. Even the personality changes when the bowels are clean. Irritability, impatience and other difficult behaviour problems are greatly relieved when the bowels are functioning properly. It remains only for each individual to experience the reality of these words in their own bodies.

One hears the most amazing rationalizations for constipation, and very rarely anyone stops to imagine what it might be like inside the body where fermenting putrefactive matter is allowed to stay in a warm temperature. Yet chronically ill people will say things like 'Every other day is normal for me' or 'I go regularly twice a week, and have for years'. Abnormal function is accepted as normal and other symptoms such as flatulence, foul odour, distended stomachs, diverticulitis and colitis are rarely associated with constipation. Many people rely on daily laxatives, pessaries and enemas, thus further weakening the bowel. Even regular eating of bulk foods such as bran will not necessarily clear impacted faeces.

One of the great values of iridology is that it shows us the relationship of bowel toxicity to disease. Bowel pockets, radials, defects and weak connective tissue all contribute to health problems. The fabric of malfunction must be unwoven if we are to enjoy good health. For centuries medicine applied the most violent and drastic purges and laxatives with serious side effects. However, we now utilize safe, gentle and balanced treatment to restore proper function, cleanse toxicity, relax bowel spasms, tone the muscles, heal the colon walls and adjust the micro-environment so that fermentation, parasites and flatulence are discomforts of the past.

Iridology shows how bowel toxins affect the entire body due to the distribution of the toxins via the blood and lymphatic circulation as well as through reflex nerve irritation. There can be no cure if the bowel is flooding toxins into the body on a regular basis. The bowels must function regularly at least twice a day, and preferably three. Although most people eat three or more times a day you will rarely find a person who moves their bowels three times a day. High levels of health and vitality depend on a pure blood stream, colon cleanliness and regularity of function. Also, if the bowel walls are covered in a toxic mucous lining, only a limited amount of nutrient reaches the blood stream. Therefore, people feel hungry and eat excessively in an attempt to alleviate that hunger, opting for instant stimulants, like sugar and coffee, as their fading vitality needs larger and more active boosts. When the bowels are clean and functioning properly a simple diet of vital wholefoods will provide excellent levels of energy needed without strong stimulants.

The bowels in the iris

The bowel signs are centred in the first major zone. Look for bowel pockets, defects, radii soleris, prolapse, and changes of the basic colour and shape of the bowel area. The relationship of the bowel shape to the ANW is very close, as the nervous and digestive systems work intricately together. The bowel is either the key to a healthy body and a clean blood stream, or to toxicity and disease. Cleansing and regeneration of the bowel

is an essential requirement for healing. If it is not functioning properly as an eliminative channel, it will be a major contribution to any disease pattern.

Treatment indications

One of the best ways to get to know your bowels is to lie on the floor with your knees up and gently knead your abdomen. Start at the bottom right side of your groin where the ileocaecal valve opens from the small intestine into the ascending colon. Feel if it soft, hard, lumpy or tense. Press as deep as possible, without causing discomfort, and then work your way up the ascending colon to the hepatic flexure, under the bottom of the right rib cage and then across the transverse colon under the diaphragm. When you reach the spleenic flexure gently knead your way down, noting all the tender, hard, or lumpy areas. As treatment progresses you will find these areas soften and release. Eventually your abdomen will be relaxed and clear from obstructions.

It is helpful to know where your bowel pockets are. Iridology gives clear indications and reflexology can corroborate its findings, revealing the tender, tense, reflex congestions on the feet which relate to the same areas on the iridology iris chart. If it is possible to have a series of Reflexology foot massages when you are working on restoring your bowels they will hasten the healing process.

The two pillars to bowel rejuvenation are the bowel formulae and the castor oil pack. Other treatments and additional techniques mentioned below are helpful and applicable to individual requirements.

Bowel Tonic 'A ' - (see Appendix I) Because these formulae need to be adjusted according to response they are best kept separate from other herbs. The average dose is two capsules immediately before eating. There are sensitive individuals who may only need one capsule per day and others who need up to 30 or even 45 per day for a short period of time before their impacted faeces are released. Some individuals also seem to fluctuate between diarrhoea and constipation so that the dose needs to be adjusted every day. Individual reactions need to be worked with until the system stabilizes. Eventually the person becomes more aware of how they are affecting their bowels with food, mental attitudes, and emotional anxieties.

It is important to understand that the formulae are more than a laxative. They stimulate peristalsis, relax tension, heal, tone, offer superior nutrient, adjust the microenvironment, balance constipation and diarrhoea, and equalize circulation. The various herbs in the formulae combine together for total bowel cleansing and rejuvenation. The ultimate goal is not dependence, but complete healing so that the formulae are no longer required. Because this formula contains golden seal it should not be taken indefinitely. Give it a break at three months, or alternate with formula 'B'.

Psyllium seed Psyllium seeds form a bulk which moves through the colon like a broom, sweeping away faeces as they press into bowel pockets. Take one or two teaspoons psyllium seeds or husks depending on body weight, one to three times a day or as needed.

Bowel Tonic 'B' - (see Appendix) This herbal combination was created because there was a need for a formula which would work as well as the other bowel tonic, and yet would not rely on continued use of golden seal, which is contra-indicated during pregnancy and should not be taken over long periods of time. Happily, this formula, which has been well tested, achieves the positive results of Bowel Tonic A without continued use of golden seal. Dosage is adjusted according to response, and it combines well with or can be alternated with Bowel Tonic A. Bowel Tonic B is excellent for combined treatment of bowel and liver.

Diet to improve bowel function It is important that diet be corrected so that each person has a regular intake of fresh fruits and vegetables, grains, nuts and seeds. These contain adequate fibre as well as the vitality and nutrient necessary for healthy living. The addition of two tablespoons of olive oil a day will also be beneficial. Adequate liquid intake is important, otherwise the faeces will be dry and constipating. Two glasses of hot liquid herb tea or lemon water taken on rising will help to stimulate bowel activity. It is best not to drink with meals, so that digestive juices are not diluted. Proper chewing habits mix the saliva with food so that the first processes of digestion set the stage for the correct progression of food through the gastrointestinal tract.

Treatments

Heed nature's call. When the urge comes do not postpone moving your bowels. Travelling, work or study environments as well as unsocial attitudes towards bowel needs during school years causes poor habits. We have to break these habits and reactivate normal functions. It is good to take exercise after meals and especially important not to go to bed on a full stomach. Chronic cases will be assisted by alternate hot and cold sitz baths, which will stimulate peristalsis and encourage the flow of energy and circulation.

Another effective treatment is the cold abdominal pack. This wet cloth pack activates and relieves digestive organs by increasing circulation. Moisten a light cotton cloth (100 per cent natural fibres only), wring it out in cold water, then wrap around the abdomen twice from groin to chest. Then wrap or tie a 100 per cent wool cloth twice around to cover. Leave in place about an hour and a half every evening. This seemingly simple naturopathic pack is more powerful in its effect than you can imagine. It is also very helpful to sluggish kidneys. These methods prove themselves. When you find what works for you, you will have aids you can use to keep yourself well. The advantage of trying these methods is that you will learn how to adjust imbalances before they become chronic.

Diarrhoea

Most forms of diarrhoea are caused by a mucous coating which has built up all along the colon walls. Because this has become solid, the colon walls are not able to absorb moisture, so the faeces are thin and watery and move through quickly. Other forms of diarrhoea are caused when the bowels are activated by infection or irritation. Even though

diarrhoea is evident is it important to give regular small doses of the bowel tonic so that cleansing processes can continue. Usually the castor oil pack is too strong for a chronic diarrhoea case. As the diarrhoea improves, increase the dose of the bowel tonic, and try the castor oil pack when bowel function is more normal.

The following suggestions need to be tried until the right one matches the right person.

1. Meals of stewed apples with very high doses of cinnamon, alternated with baked potatoes, are an excellent means to slow down the force of diarrhoea.
2. Make a quart of mullein decoction and sip regularly until relief is obtained. Drink one half cup after every bowel motion.
3. Make a tea of slippery elm, comfrey, mullein, red raspberry, witch hazel or ginger and take regularly throughout the day.
4. Periwinkle tea, drunk twice a day, is an effective astringent.
5. Take a capsule of bayberry powder every one half hour until relief is obtained, along with two capsules of iceland moss taken every hour.
6. A rectal infusion of witch hazel tea will act as an astringent, helping to stop the eliminative force that has gone out of balance.
7. The biochemic tissue salt Ferr. Phos. may also be taken three times a day.
8. Whenever there is a feeling of draining downward, homeopathic Sepia may be indicated.

The eliminative forces are a very real energy. They are activated daily after rising and usually expend their force about noon time. The yogic term 'apana' describes this downward energy, which must be kept in balance or the body becomes depleted, the assimilation of nutrient is impaired and the person suffers discomfort and debility. Diarrhoea must be cured before healing can proceed.

Recommended reading

Tissue Cleansing Through Bowel Management, Bernard Jensen; *Colon Health,* Norman Walker; *The Colon Health Handbook,* Robert Gray; *Herbs of Grace,* Farida Sharan.

The lymphatic system

The best way to visualize the lymphatic system is to imagine all the cells of your body floating in a sea of pale clear liquid. Whatever is life giving is accepted, but toxins or foreign invaders are attacked and eliminated. The cleansing processes of this boundless sea of lymph continue day and night. Stimulated by physical movement, breathing and intestinal pulsations, the lymph fluid pulses towards the centre of the body along tiny pearl-like strands, each one a miniature heart, eventually passing through larger channels into the lymph glands. Once purified it is returned to the venous river that flows back into the heart. Eventually it finds its way into the tissues again when it is lost from the capillaries.

As the lymph system is a mysterious, mostly unknown aspect of anatomy and physiology, it is important to understand and visualize it because it is our main line of defence against infection, viruses and the invasion of microbes. When we know how it works for our benefit, we can also learn to support and care for it so that it may serve us well.

First and foremost the lymphatic system functions as a **drainage system** for body tissues, flushing all the by-products and wastes of metabolism. When this function is impaired, the collection of toxins marks the beginning of disease.

As a **defence system,** the warning devices are the appendix, the tonsils, the peyer's patches in the small intestines and the adenoids.

Although lymphatic fluids move through all the tissues of the body except the central nervous system, they collect in the lymph nodes in the groin, the underarm and the neck where the lymph is purified. Here the lymph nodes manufacture antibodies to fight infection and filter the lymph fluids to remove impurities, toxins and old blood cells. The lymphatic system is constantly at work to reduce excess catarrh, mucus secretions and waste. It acts as a collector and purifier of spent blood flow and assists and supports the kidneys in retrieving and eliminating toxins. The endrocrine member of the lymphatic system, the thymus, secretes T' lymphocytes which stimulate organs to secrete a substance which attacks the proteins of tumour cells and foreign cells.

Wherever blockages of the lymphatic flow occur, whether due to mechanical reasons, injuries, damages due to severe high fevers, acid/alkaline imbalances, inherited weakness or incorrect living habits, lymph stasis must be overcome so that it can contribute its valuable purification and protective function.

The lymph system in the iris

The lymph system is seen clearly in the lymphatic zone of the iris next to the skin zone in the ciliary edge. This zone shows imbalances in a variety of ways: as a lymphatic rosary, as individual lymphatic tophi in organs or other areas and as grey, yellow, orange, brown or black abnormal colours indicating the level of encumbrance and malfunction. Nerve rings which run through the lymph zone indicate that muscular tension is inhibiting the flow of lymph. The sodium, calcium or hypercholesterol ring can cover over the lymph zone with transparent to opaque white colouration. Also, whenever catarrh and mucus collect in the circulatory zone next to the ANW this is an indication of impaired lymphatic function. Check the iris areas for groin, underarm (axilla), neck, breast, adenoids in the nose, tonsils in the neck, appendix in the caecum area, and peyer's patches in the small intestines. The area for the thymus is found in both eyes near the sternum. These are all important parts of the lymphatic system and should be assessed if immunity is weak or the person is suffering from lymphatic disorders. Note the colours of the lymphatic markings, remembering that white indicates an active exudative state, grey means underactive, yellow definitely sluggish, and brownish markings a clearly toxic condition of chronic malfunction.

Treatments

With the treatment of any eliminative channel, the important first step is to realize that iridology clearly shows you which of the channels needs support. For example, if both the kidneys and the lymphatic system are weak, it is proven that each adjusts more quickly when both are treated together. As each of the eliminative channels is brought into clarity of function and harmonious attunement with the others, the body will be kept clean and clear on a daily basis and toxins will not be allowed to accumulate.

The lymphatic formula activates the leucocytes, purifies the blood and lymph, and stimulates and equalizes circulation of both blood and lymph. The lobelia acts as a catalyst and a thinking herb, drawing the herbal formulae to areas of congestion so that balanced communication is restored. Other useful formulae listed in the Appendix are the chronic formula, antibiotics naturally formula and the infection formula.

Diet to assist the lymphatic system Diet recommendations make potent and powerful additions to any treatment focused on cleansing and activating lymphatic fluids. The mucus-free diet and the juice fasts will relieve the lymph system, as will the purifying diet (see Appendix V). Dairy foods must be eliminated from the diet of the lymphatic constitutional types who suffer from chronic or reactive lymphatic exudations.

It is also important to be aware that you are taking in enough fluids on a daily basis and that regular exercise moves the lymph around the body.

Massage and exercise stimulate the movement of lymph. While any massage is effective, skin rolling, lymph massage and reflexology (especially around the toes and ankles) are particularly useful. The addition of aromatherapy oils offer direct absorption into the lymph system, and results can be very quick if the circulation is active. This is especially important for bedridden patients who cannot exercise.

Any local swellings of lymph glands can be relieved by the application of herbal poultices, particularly the swollen glands formula, made up of two thirds mullein and one third lobelia. Support this external treatment by the use of internal lymphatic herbs listed above.

Kidneys

Balance and discrimination are the fundamental energies of the kidneys. They work to maintain the acid/alkaline balance of the blood and to eliminate waste. They also seek to harmonize the influences of the right and left sides of the body, in response to right and left brain, and the masculine/feminine principles.

On the subtle levels these organs represent decision-making, the weighing, sifting and discriminating processes that constitute preparation for choice. We are the sum of our choices. Just as the kidneys decide from moment to moment what will be eliminated and what will be retained, so our minds constantly lead us to choose one thing or another.

The astrological sign Libra perfectly depicts this weighing, adjusting, balancing process, so sensitive, so easily shifted by the addition of anything new. Justice is depicted blind, while the scales adjust the weight of innocence as opposed to guilt. The kidneys work ceaselessly, quietly, seeking always to maintain equilibrium, so that the essential body processes can go on unhindered. What a task they face with all that we do every day!

Acupuncturists connect kidney energy to the emotion of fear. When fear is excessive it is common that a person loses control of their bladder. The kidneys are said to contain the substance which is the source of life and development from conception, maturation through to old age. The kidneys are called the 'root of life' because they hold the underlying material for each organ's existence and the balance of yin/yang.

The kidneys work to filter and purify the blood, removing up to 500 grains of waste matter every 24 hours. If their functions are not complete you will feel depressed, tired, restless at night and perhaps

suffer lower back pains. Also, whenever urine is scanty, too frequent or you feel thirsty all the time, or never want to drink, kidney function must be considered. If there is excessive urination there is too much sodium, and if there is fluid retention there is not enough sodium. Balanced nutrition is essential to proper function. Also, both left and right kidneys need to be brought into balance.

Kidneys in the iris

Kidney iris areas very often show large lesions called **medussas** and **radials.** They also appear as white inflammatory, or sub-acute with grey shading. Inherent weakness or kidney lesions need to be carefully assessed and constitutional weaknesses evaluated. Look for lymphatic tophi in the kidney area. Congestion of lymph or insufficient blood circulation to the kidneys will cause problems. Also evaluate the condition of both left and right kidneys. Often one is compensating for another, thus overworking while the weak kidney is hypoactive. See whether nerve rings point to the kidneys and note also where they start. Psora spots on the kidneys will indicate diminished function and radii soleris or bowel pockets in the kidney zone will reveal toxic accumulation and negativity. Observe whether the radial in the brain's inherent mental or anxiety zone is also showing a marking. Radials, lacunae, bowel pockets and radii soleris, which weaken the kidney, may also affect the adrenal glands. If so, treat the adrenal glands as well.

Treatments

It is essential to work towards restoring kidney function from the onset of treatment. If they look chronic or constitutionally weak use the kidney formula. If a major formula is not needed, support the function with waterbalance tea. When the functions of the other eliminative channels are restored, the kidneys will be relieved. Diuretic herbs remove wastes from the blood, maintain the action of the kidneys when impaired, lessen irritation of the genito-urinary tract, dilute urine, relieve the distress of uric acid by their flushing action, soothe and heal inflammation and alter morbid conditions with antiseptic action. They also increase the flow

of urine by stimulating kidney cells and improving blood and lymph circulation to the kidneys.

The kidney formula is a balancing, strengthening and nourishing herbal treatment. It is important that it be taken between meals, on an empty stomach, with a cup of water, so that the herbs are taken directly to the kidneys.

Herbal infusions of these herbs, singly or in combination, will also benefit the kidneys: uva ursi, buchu leaves, parsley root or leaves, clivers and couchgrass.

Strong decoctions of any of the above herbs used as foot and hand baths will also influence the kidneys by direct assimilation into the blood stream. Herbal treatment of the skin and lungs which are closely associated to the kidneys and water balance will assist kidney treatment. As it is important that the kidneys receive adequate blood supply and nourishment whenever the heart and circulation are weak, they will also need to be treated.

Liquid taken in drinks and foods must provide sufficient fluid for the kidneys to do their work. If there is not enough fluid, it will be drawn from elsewhere, thus depleting other organs. The bowels, for instance, could become dry, causing constipation, or the lymph may become thick and congested. Both lung and skin respiration would also suffer from insufficient liquid.

Other helpful therapies include acupuncture, reflexology, lower back massage and ginger poultices over the kidneys. Osteopathy and chiropractic would relieve structural imbalance and help restore nerve function to the kidneys. The cold abdominal pack described in the section on the bowels is a valuable naturopathic treatment as it increases the circulation of the blood to the kidneys.

Lungs

From the moment of birth two muscles begin working and they never stop until we die. These two muscles are the diaphragm which causes the lungs to expand and contract, and the heart whose beat measures out our life span. We can only hold our breath for a short time and then we must breathe or die. The incoming waves of air must reach the cells of our body to support basic life processes and the outgoing breath is essential to our eliminative processes. This rhythmic interchange, the drawing in and release of the breath of life, provides the oxygen and the pranic energies which vitalize the body processes.

The lungs also draw in vapour and circulate through the body until it is eliminated through the pores of the skin as perspiration or as vapour released during exhalation.

As your body responds to purification and regeneration treatments, it becomes lighter, clearer and cleaner. As obstructions are released and tensions relax, breathing becomes deeper. The body loosens and allows the ceremony of breath to take place without resistance. The more sensitive and attuned you become the more you merge into a state of oneness with the spirits of the air and the more ecstasy you experience with every breath. Sight, sound and fragrance also enhance the

experience. So much is happening at every moment if we only have the time and inclination to open ourselves and participate in the full experience.

Time slows down until each breath becomes an infinity; you feel that you can live on breath, that it would be enough. States of uplifted consciousness are so beautiful. One wishes they could last forever. The more fully you breathe, the more sensitive you become. The very air is filled with spinning light radiations which vibrate throughout your body. Everything melts into one field of dancing energy. You become a transparent being, aware of the sea of prana which flows within and without.

Imagine every animal, bird, insect, every living thing breathing in and out every second of every day. Over and over we learn the lesson that consciousness is everything. We can breathe for years, never noticing or rejoicing and then one day in a meadow, on a mountain top, in a yoga class, or making love, the universe opens up and we become aware of the radiant energy that flows through and between all living beings and everything in the world they live in. Even though we return to rush through our lives, the memory is there. It has left an imprint, and in quiet moments when we return, the path is clearer and quicker each time.

In acupuncture the lungs, called 'the tender organs', are associated with grief and sadness. Physically, they provide the descending inhalation and the propensity for disseminating the air throughout the body.

Practices like meditation, pranayama, yoga or tai chi awaken us to the sacred qualities of breath and fill us with gentle loving awareness for the process that is taking place every moment of our life. Whenever consciousness expands and we re-experience the beauty of breath taken in full awareness, give deep appreciation for this gift of life and the blessings of vitality, energy and power that it floods throughout your being.

Lung signs in the iris

A variety of iris markings reveal information about the condition of the lungs. Inherent weakness shows up as open or closed lesions combined with colours from white to black. Observe whether a bowel pocket or radii soleris magnify the condition by sending toxins to the area. Reflexive fibres (whether swollen or pink) reveals increased levels of irritation. Observe the condition of the absorption ring, the shape of the ANW, the lymphatic rosary. Are there nerve rings, psora or dark spots? How wide is the scurf rim in the lung areas? Medulla markings must always be considered because of its function as the respiratory brain. Observe the differences between the left and the right iris. Often the iris bulges out at 3 o'clock on the left iris, 9 o'clock in the right iris, extending a thin grey shadow over the sclera. Dorothy Hall seems confident that this is related to vitamin B3 insufficiency. The decrease of the shadow has been observed during eliminative and systemic purification and regeneration. Over the years lung cancer patients have either displayed black spots in the lung area or no visible sign. It is clear that observation of many cases would be needed to draw general conclusions. Each case should be considered individually.

Treatment

Often the lung area does not need specific treatment until it becomes active. All the herbal formulae benefit the lungs as circulation, lymph, nervous and digestive functions are improved. However any active condition needs support, with an emphasis on minimizing the aggravation and assisting the process of elimination without allowing infection. Any active or severely chronic lung case, however, should use respiratory herbs along with systemic and eliminative herbs.

The respiratory formula is excellent. However, it is necessary to complement its action by adding the asthma formula which loosens and expels thick mucus, and the antibiotics naturally formula which activates the immune system. These herbs, in combination with the individual eliminative and systemic formulae, work wonders with the strongest cases of asthma and respiratory difficulties. A mixture of two thirds slippery elm and one third lobelia in a poultice will relax the chest and relieve the pain and congestion. Likewise six to twelve drops of lobelia tincture or antispasmodic tincture in comfrey tea releases brachial tension and relieves spasms. Elecampane is a specific herb for the TB bacillus. Even if patients are using drugs, the use becomes less urgent as the herbs detoxify and increase natural elimination. The drug dose can be diminished and often eliminated. It is also important to feed the medulla (the chest brain) with sulphur foods, such as lecithin, amino acids, onions and garlic.

Because posture and muscular conditions are so intimately connected with how we breathe, it is important to receive balancing and restorative treatment with some of the following therapies: osteopathy, chiropractic and Alexander technique. Acupuncture works on restoring balance and allowing the 'tender organ' to free itself from its burden of grief so that the lungs augment our life energy, not inhibit it. Techniques like rolfing free the muscle restrictions and allow more space to breathe. Rebirthing helps to release emotional breathing patterns constricting us from our earliest memories. Any therapy which deepens and expands breathing, including gentle aerobics, rebounding, dance or jogging opens us to receive more life, vitality and prana. Yoga, tai chi and chi kung are excellent exercise methods to restore breathing power. Sore throats can be effectively treated by making this delicious syrup. Mix the following ingredients in proportions to suit your taste. Although some of the ingredients have a strong flavour, their blending neutralizes the therapeutic essences into a pleasant and soothing drink. Make a big pot and sip it throughout the day.

Ingredients: apple cider vinegar, pressed garlic, honey, lemon, grated ginger, cayenne pepper. Simmer in water and serve warm. Gargle, then swallow.

Thyme tea, which is highly antiseptic, is also an effective aid for sore throats. Drink several cups a day.

Skin

If we see the body as transparent, we can no longer perceive the skin as being only a container for our body. We can visualize our body's inner world of pulsing, muscular churnings, vibrant fluids, digestive chemistry, and cellular metabolism. You might have seen the film which was made

about the male and female reproductive processes from a tiny camera placed inside the body. This miraculous filming of the colourful, spectacularly beautiful body processes was a visionary experience which is hard to forget. We can use these visualizations to give us understanding and respect for the body in which we live.

In your mind start an imaginary journey. Become a drop of blood which has been sent out from your beating heart, ready to begin a long journey around the body. Using an anatomy and physiology book for reference, imagine the journey in all its complex manifestations, travelling through organs, being dispersed outside a capillary and eventually finding its way back through the lymphatic system. It takes only a few moments, yet offers a wealth of understanding as it reveals the living interactions that often go ignored in more traditional forms of learning anatomy and physiology. The body is exquisite living poetry.

Once the inner world comes alive, visually surround it with skin that is filled with a multitude of openings, which allow sun, air, warmth, moisture, and energy to be absorbed into the vibrant, pulsing, inner world. Then imagine radiating eliminations pouring out in the form of gases, moisture, heat and energy.

How soft and gentle this absorbing and diffusing process is determines to a large extent how we relate to the world. Attitudes of fear, tension and rigidity limit our interaction with the environment and our fellow human beings. When we are transparent the inner and outer worlds become as one. We neither protect ourselves from the outer world nor resist interaction.

These skills of visualization may also be applied to stimulate the healing process. If we have become identified with a disease and its pain or symptoms, we often feed that process with fear as we surround the area with negative thoughts and tensions. If we can mentally surround the area with loving thoughts, covering any darkness or disease with light and energy, the forces of healing will be manifested by the increased levels of blood, lymph and pranic energy.

Our body does not stop at the skin. Immediately around the skin is a world composed of a variety of subtle energies, micro-environments, radiations, and a heat envelope. Here, bacteria and other microorganisms, both protective and potentially destructive, thrive. Bathing and elimination habits affect the health or disease patterns of this heat envelope.

The molecular aura, which extends a few inches out from the body, contains keratin (skin) particles, tiny salt crystals, ammonia and other organic materials and gases. These fields, which seem to be interwoven with each other, also contain electromagnetic energy composed of infrared radiations or heat. Variations in the heat patterns reveal valuable information about the state of the various areas or organs of the body. A field of pure electric potentials reflects changes within physical and psychological makeup, giving indication of both present realities and potential problems. Professor Harold Burr discovered relationships within this field to the electromagnetic variations in the sun, magnetic storms, sun spots, and solar and lunar variations. Changes in electrical potential also occur during ovulation.

The etheric or health aura also extends outwards from the body, enclosing each of us in an egglike shape of energy, colour and light. Although not all of us are able to see this aura, we can feel its presence in various ways. The aura acts as a blueprint for our bioelectronic energy system and our physical body. It contains the chakras, the nadis, the pranas and the acupuncture meridians. These patterns form a subtle communication system that distributes energy throughout the physical body, in close connection with the endocrine glands. The etheric body can vary a great deal in colour, shape and structure, depending on food, emotions, mental and spiritual attitudes, practices and karmic destiny. When the vitality is weak, inherited miasms held in the vibratory patterns of the etheric body are able to penetrate the physical body.

We have a close connection with this field which encapsulates our body. When we open ourselves to it we receive the energy it dispenses. Practices like tai chi, meditation, yoga and other forms of mental, physical and spiritual discipline form harmonic relationships with this body field. Martial arts masters reach such levels of perception that they can literally see through the back of their heads and are able to sense an opponent's strike before it happens.

Emotional and mental energies also constitute the realities of the energy fields around our physical body. We do not end at the outside of our skin. To know ourselves we can expand our vision inward and outward until we can visualize our total reality. We are a microcosm within the macrocosm.

The iris reveals a great deal of information about this body envelope. It can show the hard, sharp defined edge of someone who surrounds themself with metaphorical armour, or the soft, receptive attitude of someone who accepts interaction and relationships in a welcoming way. Often, those who carry the dark, thick, scurf rim find it hard to be in the present. Because they are carrying a heavy load it burdens all that they do.

As we learn to soften and open ourselves, our body develops more subtle strengths and attitudes to protect us in this complicated and difficult world. We do not have to harden our body edge like armour so that we cut ourselves off. When we do that we also cut off our ability to love, to feel and to give. Natural bodily functions related to receiving and releasing through the skin are also inhibited by tension, fear and resistance.

Like the lungs, the skin performs a dual role of respiration and elimination. If either of these functions is diminished the whole body suffers the consequences. If our skin was sealed off, or painted for a short period of time, we would die, yet today, most people wear synthetic fibres and sleep in synthetic bedclothes. Chemical and synthetic creams, lotions, makeup and deodorants are also in common use. Bathing habits do not always include skin scrubbing to remove dead skin. One only needs to experience a skin scrub, taken in conjunction with a Turkish bath, to realize the joy of a truly clean skin. The fresh glowing feeling lasts for days.

The skin has millions of pores from which a constant stream of gases and toxins flow. Moisture is secreted to adjust the body temperature. If the pores are blocked, toxins collect under the skin, and then are reabsorbed back into the blood lymph. The skin is often called the third kidney and

any diminishment of skin function burdens the kidneys. Also, when the kidneys are weak, active skin elimination will relieve them.

In Germany, nature cure centres offer Kneipp Water Cure treatments which usually include a 'continuous shower'. For over two hours the patient lies in a tiled room, turning every five minutes or so from back to front, or side to side, so that a light, warm shower reaches all parts of the body. This causes the capillaries to release sluggish toxins. The feeling of well-being and relaxation is remarkable. Patients sleep deeply in total relaxation and wake completely rested. The benefits last nearly a week. Imagine how valuable this treatment would be to bedridden patients whose basic body functions have slowed down due to lack of exercise.

The skin on the feet is also very important. The constant wearing of shoes creates callouses and corns. When we appreciate the wisdom of reflexology or the Metamorphic Technique we learn how any area of the foot which does not have soft, fully functioning skin will both affect the reflex areas and tell us about the condition of that area of the body. A healthy foot is clear of callouses and corns. Daily pumice scrubs (and chiropody when required) are essential for good health.

We can learn so much from our skin. Sensitive healers, osteopaths, massage therapists, acupuncturists and doctors all read messages from variations in temperature, moisture, colour and hair differentiation. Homeopaths, oriental doctors and practitioners diagnose from the facial colours and lines. Studies have been made for centuries based on the lines in the hands. The skin often rebels with rashes and pimples when it is eliminating toxins. Severe skin diseases are a reflection of complex and chronic functional imbalances. Skin markings and discolourations caused by the liver, warts, even freckles, become lighter, and in many cases disappear during purification regimens. Menopausal skin discolourations fade when the woman's body becomes clean and active under treatment. The condition of the skin reflects the condition of the organs and systems.

The skin in the iris

The skin zone is on the ciliary edge of the iris. When it is sluggish, inactive or has collected toxins it shows up in varying shades of grey, brown and black. The darker and thicker the zone is, the more toxic and inactive the skin. When this zone manifests small dark spots, the condition is even more serious. Scurf rims in infants register the degree of inherited toxins. During life they deepen as a result of incorrect dietary and living habits. Childhood diseases are the body's attempt to throw off inherited toxins, and often the scurf rim is left after the illness. Change of climate can make considerable differences to scurf rims. Cold northern climates, where people wear more clothes and are able to expose their skin to air only for short seasons, increase the scurf rim. The opposite is true of warm climates.

Treatment

Choose a quiet time when you can be free for an hour to enjoy rest and rejuvenation. Set the stage for yourself with love. Light candles and incense, bring in music or a book, and if you are the meditative type, let yourself float away and forget the world.

Pour a hot bath, as hot as you can take it. If you suffer from heart problems or high blood pressure, adjust the temperature to suit your personal situation. While the water is running, give your skin a thorough dry brushing. Brush in circular motions, always moving from the periphery of the body towards the centre and the heart.

Epsom salts/cider vinegar bath Add a cup of the commercial variety of Epsom salts, (not the fine expensive internal brand) and a cup of apple cider vinegar. This bath is both eliminative and relaxing and leaves the skin feeling smooth. Mix a tablespoon of vegetable oil in the cup of Epsom Salts and then rub it all over your skin while you stand in the bath. This removes old skin, leaving it smooth and soft. Let the salts fall into the water. This bath is essential when you are on intensive purification programmes. Soak at least 30 minutes. Use cold cloths on your head and neck to help keep you cool. Add hot water as needed to maintain the bath temperature. Complete the treatment with a cold shower, for at least three minutes. Whenever you are in eliminative baths it is helpful to drink stimulating teas which encourage free perspiration from the skin. While yarrow is the strongest, sage, catnip, pleurisy root, peppermint and spearmint will also be effective.

Herbal baths There are various forms of herbal baths:

1. Lobelia - very relaxing, gives an excellent night's sleep
2. Catnip - relaxing and soothing, excellent for children
3. Chamomile - gently relaxing, uplifts the spirit
4. Capsicum, ginger, mustard bath - stimulating, warming; equalizes circulation to overcome chills, colds and flus.

If you have had a very hot bath it is necessary to cool the skin, close the pores and balance hot with cold. You can either pour cold water into the bath while the hot is running out, take a cold or cool shower or splash yourself all over with cold water and walk around naked for at least 5 minutes. If you wish to produce copious perspiration to eliminate the onset of a chill, colds, fevers or flu, go directly from the hot bath to a very warm bed with quilts and hot water bottles. This will encourage profuse perspiration.

If you use oils and lotions, make sure you do not put on your body anything that you would not eat. The body absorbs everything that is put on the skin and has to assimilate or eliminate through its body systems. Almond oil mixed with coconut oil, jojoba oil, and avocado oil makes a beautiful body lotion, especially when you add aromatic aromatherapy oils. Take particular care to pumice any old skin or callouses from your feet, then rub the feet thoroughly with natural oils.

After a bathing experience like the above, it is an excellent and natural time to do exercises, yoga, foot reflexology, deep breathing and meditation.

Saunas, Turkish baths, health clubs There are more of these establishments available now due to a revived interest in health and self

care. Saunas and steams are effective for eliminating toxins, stimulating the circulation and relieving tense muscles. Scrub your skin while taking the sauna or steam and make sure you take cold showers or plunges to balance the heat expansion which draws blood to the periphery of the body. The cold sends the blood back to the interior of the body and alkalinizes the blood, making your head feel awake and clear.

Skin elimination When the body throws off toxins through the skin, rashes, lice, pimples, eczema and psoriasis may occur. These are unhealthy conditions which are the result of toxic blood and a body whose eliminative channels are not working properly. Sulphur is also eliminated through the skin. When these conditions are a part of the healing process they will not last very long, usually up to three days. They should never be suppressed.

Herbal infusions and formulae To complement sensible natural living habits and to revitalize skin function, drink diaphoretic teas to stimulate elimination. Excellent teas taken individually, or combined, are sage, yarrow, thyme, catnip, sassafras, sarsaparilla, boneset and pleurisy root. Fenugreek is a herb which activates deep cleansing through the skin. Simmer the seeds very gently for 15 minutes or pour boiling water over fenugreek powder and stir. This herb is also a rare vegetarian source of vitamin D.

Nourishment is an essential aspect of healthy supple skin. The following formulae will provide the wide range of nutrient to preserve and maintain youthful skin when combined with eliminative and systemic treatment and correct living and eating habits. Both blood circulation formulae will carry the skin or body building formulae throughout the body tissues. The liver/gall bladder formula and the blood purifying formula will help to ensure that toxins are not eliminated in the skin. Whenever there are boils use burdock, two to eight capsules three or four times a day, as well as the systemic treatment.

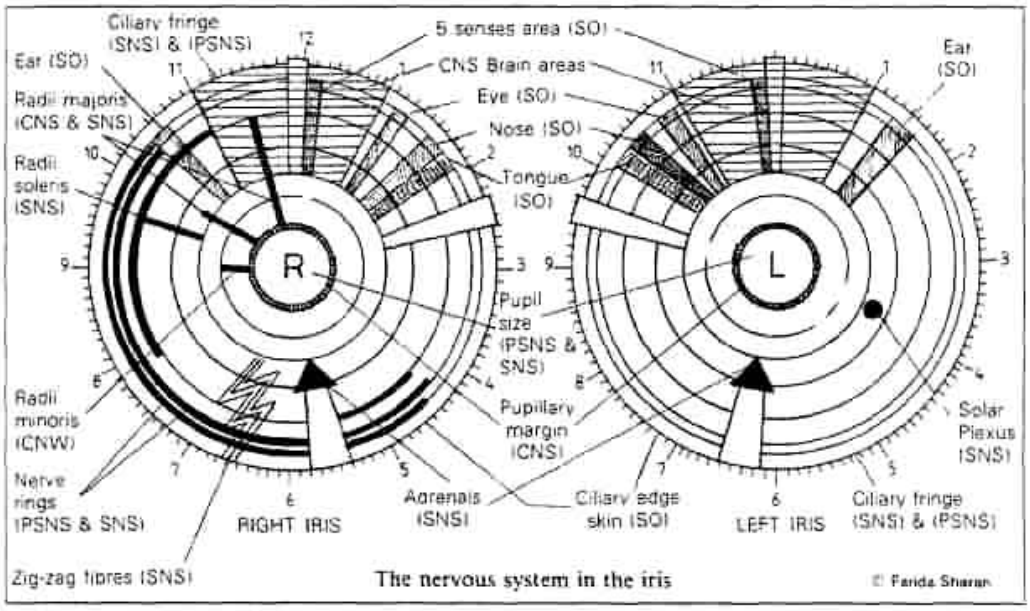
Itching can be relieved with chickweed ointment, chickweed baths or Balm of Gilead ointment. It is very important not to use suppressive treatment. Treat the cause of the condition from within.

Chapter 5

Restoring Harmony

The purpose of interpretation is to select the outstanding, significant markings. The next step is to determine the relationship and the effect that the significant markings have on each other, and at this stage it is important to understand the interaction of physiological processes.

Thus each body system is seen in relation to every other system and affecting and being affected by every other system. The living ecological processes of the interior world are in constant movement, change and interaction. If one system is hyperactive it may drain resources from other systems; if it is underactive another system may have to work harder to compensate. The permutations are infinite. Every case of arthritis, or any other disease, is different. This is why treatment based on individual iridology analysis is so successful.



The aim of treatment is to restore harmonious function so that every part of the whole is doing its work and is in open communication with every other part. Treatment does not have to fight disease. If treatment restores harmonious function disease will not be tolerated. Disease cannot exist in a properly functioning body.

THE NERVOUS SYSTEM

The nervous system – holistic relationships

The nervous system operates from the centre outwards and from the periphery to the centre, connecting every part of the body with every other part.

The structural system provides the framework for the nerves to pass through to every part of the body, and holds the central nervous system in the brain and spinal cord. Any pressure of the skeletal bones on nerves will inhibit the flow of messages, and cause pain.

The nerves pass through the muscular system and provide the sensory means of touch sensation all over and through the skin. Damage to any part of the body tissue will also be damage to some of the millions of nerve pathways, and so the seemingly infinite complex messages will be transmitted to the brain to be acted upon. Muscular response to motor impulses also creates movement.

The circulatory system including the heart is closely governed by the nervous system both from sympathetic/parasympathetic balance and the medulla.

The endocrine glandular system responds to brain messages in the higher centres such as the pituitary and the pineal, and then to the messages these glands pass down. This is a response system to the discriminating brain function of the input of environmental information, both inner and outer.

The adrenals are closely connected with the sympathetic nervous system, reacting, like the solar plexus, to mental and emotional stresses. As the adrenals secrete hormones which excite the body to fight or flee, continued stress will exhaust the body.

The reproductive system, closely allied with the glandular system, is guided in a similar manner by high brain messages and hormones secreted in response to those messages.

The solar plexus unites the digestive and nervous systems. Study how the sympathetic and parasympathetic activate and relax the digestive system in alternation. We have all felt how 'nerves' affect how we eat, chew, digest and eliminate our food.

In the urinary system we can see how the sympathetic and parasympathetic contract and dilate the bladder. The adrenals of the endocrine system sit on top of the kidneys, showing the close relationship.

The respiratory system is closely attuned to the nervous system via the medulla, the 'respiratory brain', which governs respiration, heart and vasomotor function.

The lymphatic system is everywhere in the body except in the central nervous system. Congestion of obstructed lymph may press on nerves and cause pain. Messages via the nervous system will stimulate local healing by the lymphatic system. The lymph system supports the function of the nervous system by cleansing and nourishing tissues and protecting the body from infection.

The nervous system – our communication network

If the nervous system is depleted, exhausted or out of balance, the communications system is not working properly and the whole being suffers, physically, mentally and emotionally.

Because iridology gives such accurate, in-depth readings of the condition of the various parts of the nervous system, practitioners who use iridology achieve good results. If the nervous system is deficient, no matter how effective treatment may be for any other symptom, results can only be marginal and temporary. Health is the result of open and responsive communication from each part to every other part. No part can be neglected or overactive if harmony is to reign.

Consider the nervous system in its various aspects:

1. The peripheral nervous system (PNS) and the sense organs (SO) relay information to the central nervous system (CNS).
2. The central nervous system (CNS) discriminates and acts on all impulses which reach its central computer.
3. The autonomic nervous system (ANS) responds to both inner and outer stimuli, from the inner and outer worlds. It seeks to balance the activity and response of the sympathetic nervous system (SNS) to outer activity, with the rest, maintenance and preservation of the internal environment activated by the parasympathetic nervous system (PSNS).

It is easy to see that failure of one or more parts of the nervous system creates immediate imbalances with far-reaching effects. It also becomes clear that certain personalities and their approaches to life are actually built around imbalances of the nervous system.

The nervous system in the iris

Constitutional types

The Lymphatic blue irides reveal nervous weakness in the Neurogenic Type, the Anxiety Type or the Zig-zag Fibre Type. Haematogenic brown irides reveal nervous weakness in the Anxiety Tetanic Type.

Supplementary signs and colours

Whenever supplementary markings or colours point to or augment the above nervous system indications, they are a significant factor in the interpretation.

For example:

1. ***Radii soleris:*** Whenever Radii Majoris break through the autonomic nerve wreath (ANW) the function of the ANW is impaired. If the Radii penetrate the brain area, sense organs or the adrenals the nervous system will be directly affected in that area. Radii from the pupillary margin reflect degeneration of the CNS. Radii from the ANW reflect degeneration of the ANS.

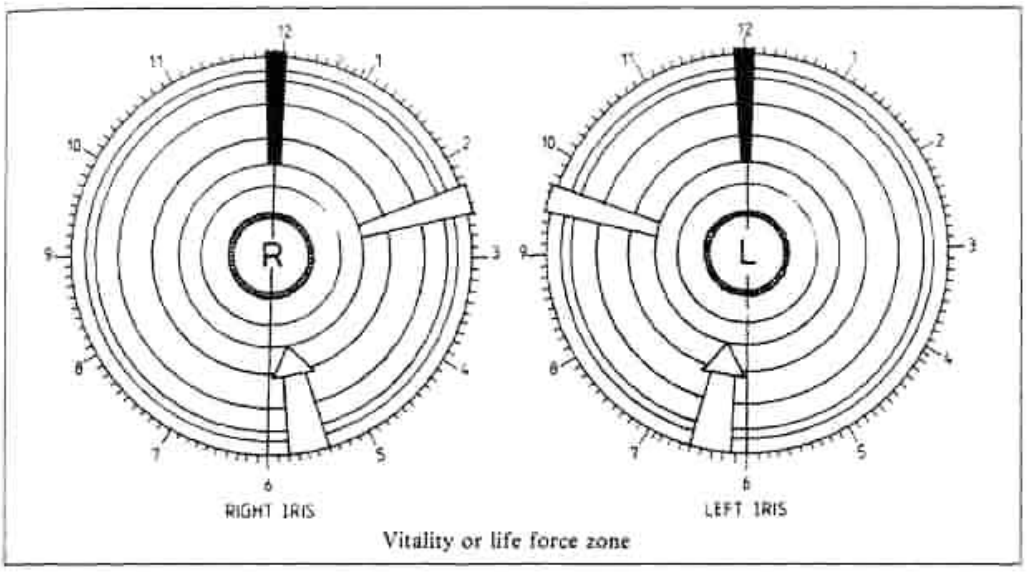
2. ***Reflexive fibres*** Swollen or vascularized (pink) reflexive fibres in the brain or spinal areas, sense organs or adrenals will directly indicate hyperactivity or irritability of that part of the nervous system.
3. ***Inherent weakness lacunae:*** Whenever connective tissue is weaker, particularly where it allows the collection of toxins or where it is directly related to brain areas, sense organs or the adrenal glands, the nervous system will be insufficient.
4. ***Pigmentation:*** Pigmentation on iris areas relating to any parts of the nervous system will indicate possible insufficiency of that area, although some patients express active symptoms and others may not. The insufficiency may exist only as a potential, to be activated during stress, trauma, shock or old age.
5. ***Lymphatic tophi:*** The only part of the body which does not have lymphatic fluid is the CNS. However, excess, toxic or deficient lymph in any other part of the body can affect the nervous system. Irritable focus areas which register other indications of nervous weakness will also have lymphatic tophi nearby. In this case it is another indication of the progression of disease as its influence radiates out from the focus.
6. ***Defect marks:*** These small but potentially potent marks are activated during shock or low mental and emotional states, especially depression or hopelessness. The marks affect the ANS because they sit on and break through the ANW in the iris. Communication is broken at that point.
7. ***Bowel pockets:*** Because bowel pockets affect the quality of the ANW (nerve connections being an integral part of bowel wall tissue) they can greatly inhibit nerve function and even cause deterioration of nerve tissue. Other parts of the body can also be affected by reflex communication and the spread of toxins via circulation of the blood and lymph.

CENTRAL NERVOUS SYSTEM (CNS)

Brain zones in the iris

Vitality or life force zone

This brain zone encompasses the hypothalamus discriminating activities, the cortex, pituitary and subtle psychic energy and spiritual centres. Hyperactivity is recognized by whitening of the area, which may be accompanied by headaches or a hot head. Depletion is measured by varying shades of darkness in lacunae, radii soleris, psora, lymphatic tophi, defects and ballooned bowel pockets. Reflexive fibres and nerve rings also denote irritation. Observe whether there is a marking opposite at 6 o'clock which would give a reading on polarity relationships of grounding one's life energies. The Sodium Ring and/or Arcus Senilis or the Anaemia Ring would diminish vitality levels, as well as memory and concentration.



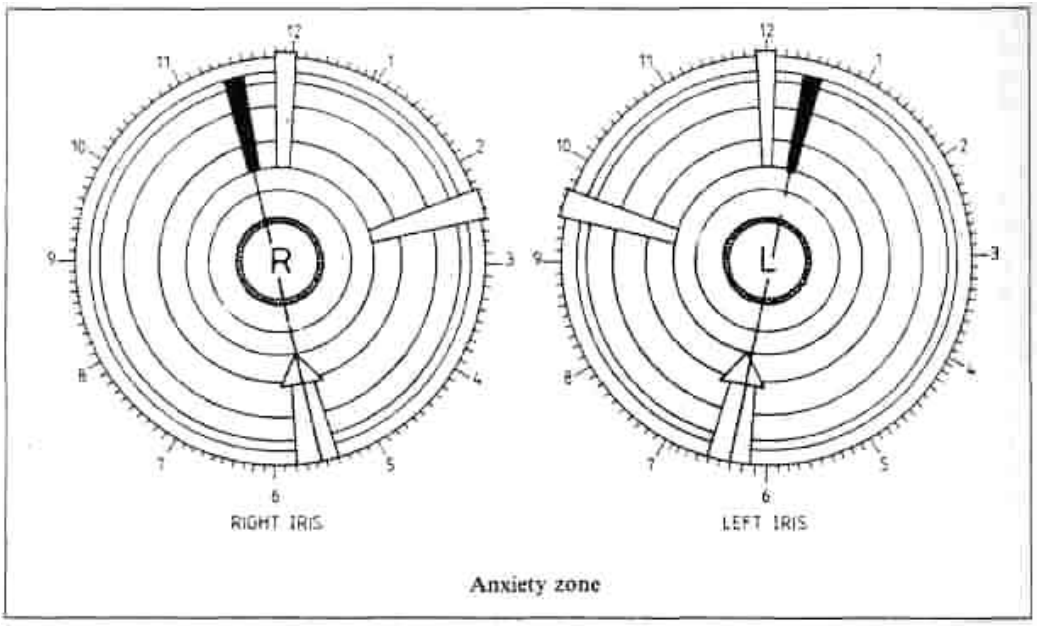
Vitality or life force zone

Observe both right and left irides to relate the markings to each other.

Markings on one side only would be related on the right iris to outgoing activities and attitudes and on the left to inner ones. One could almost say that the right iris relates to the Sympathetic Nervous System activity as it represents outgoing activity. The left iris relates to the Parasympathetic Nervous System because it represents inward responsive attitudes.

When normal activity is evident the balance of vitality and fatigue would be monitored and adjusted daily. Appetite, interest and emotions would be kept in balance. When stimulated beyond normal levels, this area contributes heightened state of exhilaration, vitality and fullness of life. Abnormal hypoactivity leads to obsessive morbid mental states, including melancholia, suicidal tendencies, depression, indifference and deep exhaustion.

The brain area also relates to the will and impulses which create our destiny. It certainly represents the central core where prana and life



Anxiety zone

energy penetrate the physical body. This is where the young baby has a soft membrane at the top of the skull which eventually closes over. The design of this skull pattern forms the ancient scarab of the Egyptian religious mystical culture.

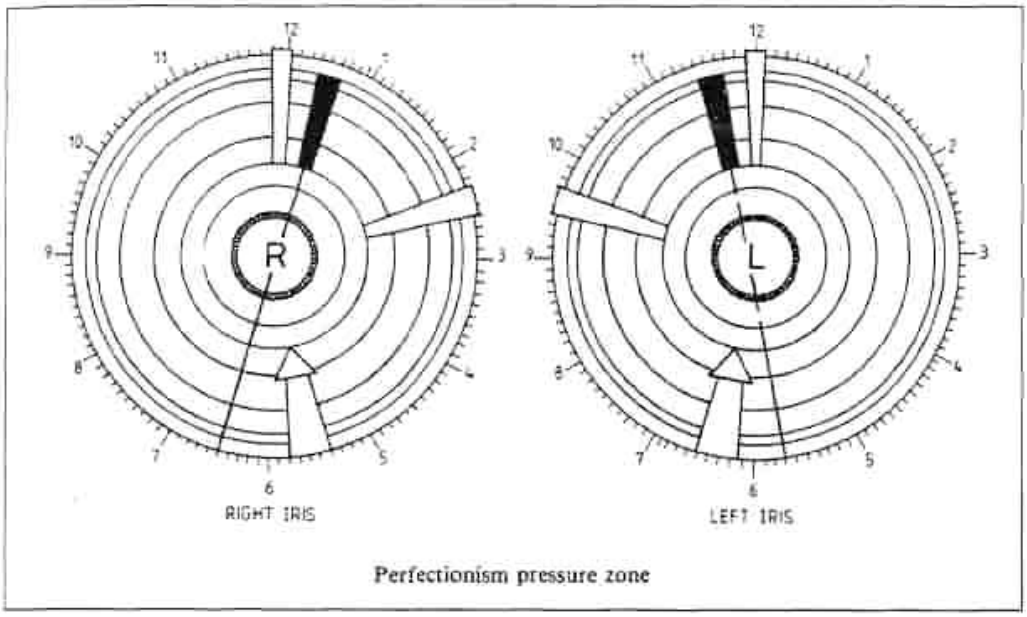
This is the most important functional area of the brain because it is related to metabolism and energy levels.

Anxiety zone

This brain area is on a radial opposite to the adrenal area. Whether there are markings in both areas or not, the best understanding comes from this potential relationship. Mental and emotional anxiety and conflict patterns accompany negative manifestations of radii, lymphatic tophi, nerve rings, lacunae, bowel pockets, psora, reflexive fibres etc. Whether the problems are obsessions or hallucinations, the result is overindulgence in conflict and worry, and added stress for the adrenal glands. When the radial is evident in both areas the pattern of behaviour is chronic and compulsive.

An early iridologist, Dr Kritzer, believed that the Right Inherent Mental Area manifested as apprehension. These extreme states of fear and worry were brought about by toxic or inflammatory irritations. The left iris was related to introspection. Mental states of self-analysis and self condemnation, when accompanied by iris lesions, develop into acute melancholia, prolonged brooding and worrying over mistakes which deplete the vital life force and reduce the individual to negative mental and physical states. The weakened mind becomes receptive to negative impressions and the mind goes over them again and again.

Positive types manifest courage, confidence, optimism and an independent original spirit which enables them to lead successful lives.



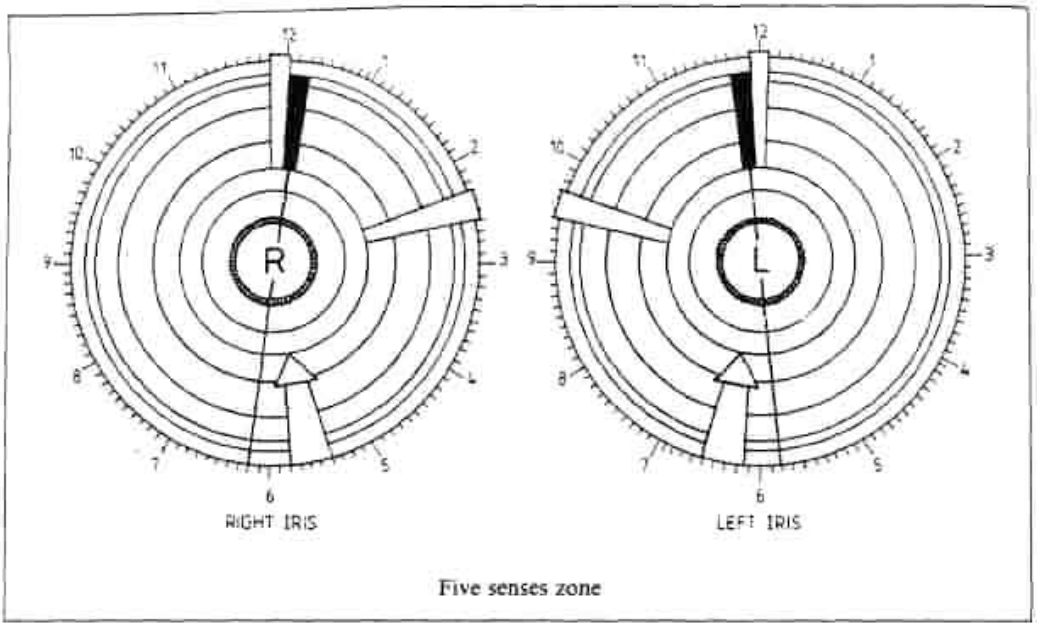
Perfectionism pressure zone

Perfectionism pressure zone

This brain area governs blood pressure, regulation, decision-making, psychological stress reactions, sexual activity regulation and ideals and goals, their achievement or non-achievement, and how we pressure ourselves about them. Obviously a lot of mental and emotional energy is invested in ideals and goals. They are the motivating factors in the most worldly activities. One's sense of self and how we pressure ourselves to achieve our dreams is the issue here. The blood pressure relationship is a defence against stress.

In its positive aspect this brain area encourages all the qualities needed to achieve goals and ideals, and bring them into dynamic expression. The radial on the right iris leads to the appendix area. It is well known that most cases of appendicitis occur during times of stress. Extreme pressure can lead to strokes, haemorrhage or blood clots.

When hyper- or hypoactive, the desperate qualities generated by greed, desire or lust manifest. Obsessive, compulsive behaviour and tense, rigid goal directed lifestyles are the result. The individuals are driven by their desires and lose the essence of their achievement because they are unable to enjoy their success.



Five senses zone

Five senses zone

This brain area in the cerebral cortex controls normal visual, auditory, olfactory, gustatory and tactile senses. When healthy, the individual enjoys the beauty and fullness of life in colour, sound, smell, touch and taste.

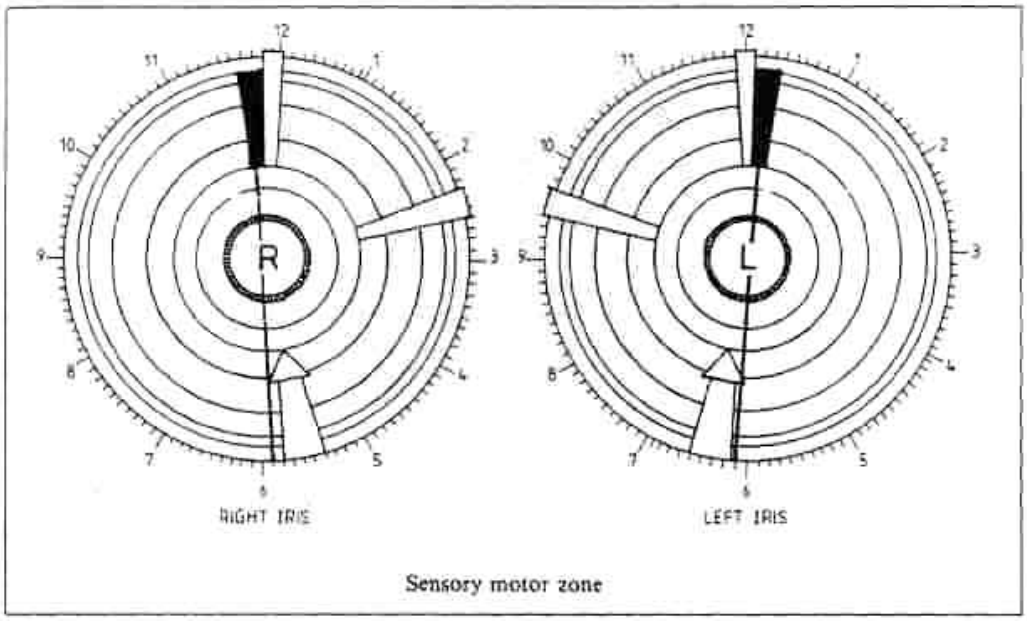
In heightened positive states it augments senses, as with the musician or blind person whose auditory and tactile senses are more acute. When hyperactive it can lead a person to overindulgence and hedonistic practices. Hypoactivity can be the cause of sensory handicaps or impaired sensation, self denial, guilt, severe disciplines and criticism of those who enjoy life. This could lead to anorexia.

Sensory motor zone

This mid cortex sensory motor area coordinates how our senses guide us to stand and move in this world. Therefore it works hand in hand with the five senses zone. This area integrates mental and physical functions and controls movement.

This area influences all the things which guide us to know where we are, sensations of heat, cold, pain, touch, pressure, movement, tension, etc. It also affects the more subtle functions of perception and reactions to sound or light. Muscle coordination, strength and fatigue levels are also governed by this area.

When abnormal, the person suffers from lack of coordination and inhibited movements. The mental state is fear, uncertainty and lack of confidence.



Listening, learning, speaking zone

These brain centres are in the forebrain, the pineal and pituitary, the cerebrum and the thalamus. The zone is the brain's communications centre and combines speech, listening and visual learning approaches.

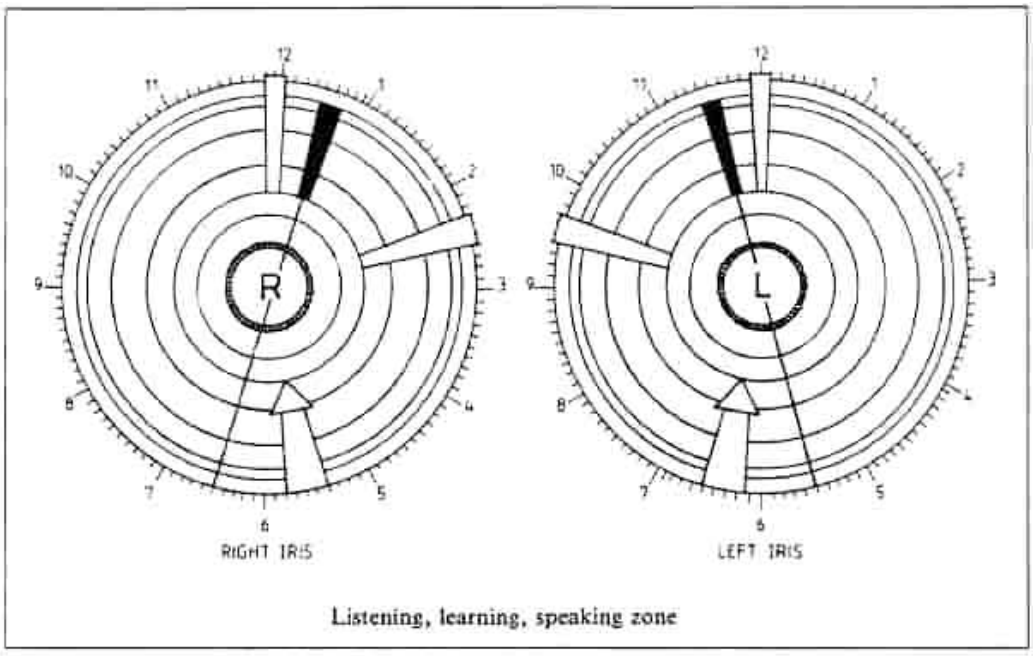
During normal activity the brain function which accompany speech, language, memory, concentration and their accompanying skills are all active and functioning. This area determines how we function within our family, work and society.

When heightened, many of the finer intellectual capabilities of man manifest themselves. What drives us to communicate is the key here, as well as desire for knowledge and the urge to transcend normal states of being with creative absorption.

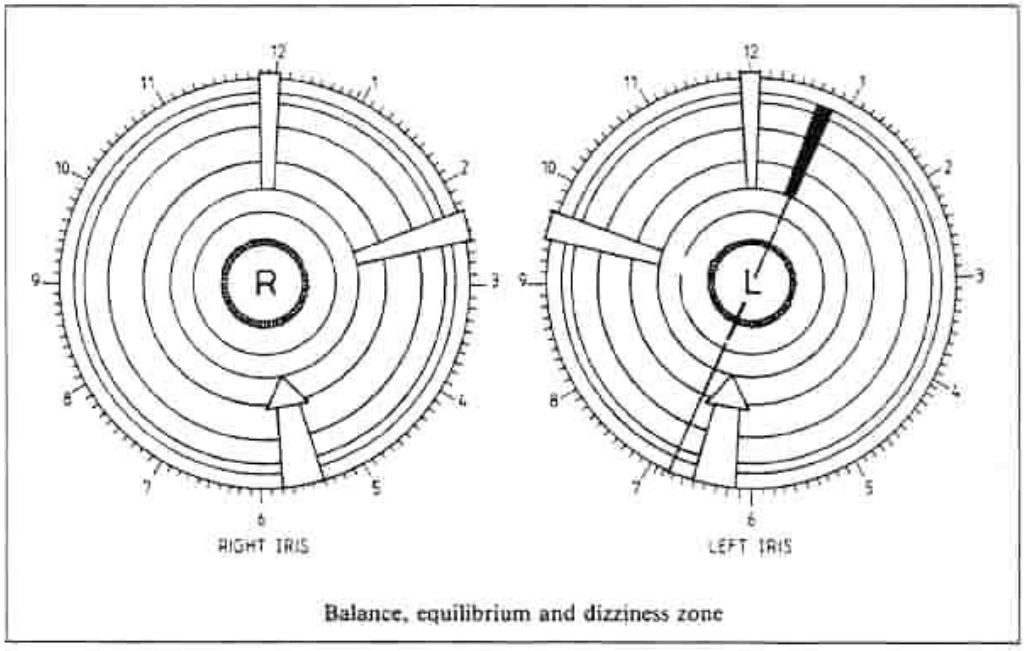
Imbalanced function can lead to impairments such as dyslexia, stuttering and inability to concentrate as well as lack of interest and forgetfulness.

White signs indicate that the person has 'the gift of the gab', either positively as a speechmaker and teacher, or negatively when the person endlessly talks about nothing, or gossips, whether people wish to listen or not.

Lesions show that stress load has been too much. This often means that after a normal day's activity the person may be too tired to talk. Dark fogs indicate a closed mind that blocks seeing, hearing and speaking. Sodium rings inhibit learning because of poor memory, tiredness, lack of concentration and the ability to persevere.



Listening, learning, speaking zone



Balance, equilibrium and dizziness zone

Balance, equilibrium and dizziness zone

Contained in the cerebellum, this brain area governs equilibrium in its physical, mental and emotional aspects. Epilepsy is indicated by black radial lines suggesting severe grand mal, dark radial lines showing milder, less frequent attacks, while dark spots denote petit mal or nocturnal epilepsy. Injury is marked by small black spots.

When heightened it manifests qualities of higher mind and well-being such as discrimination, balance, stability and security - in short what we all seek; the balanced centre within oneself.

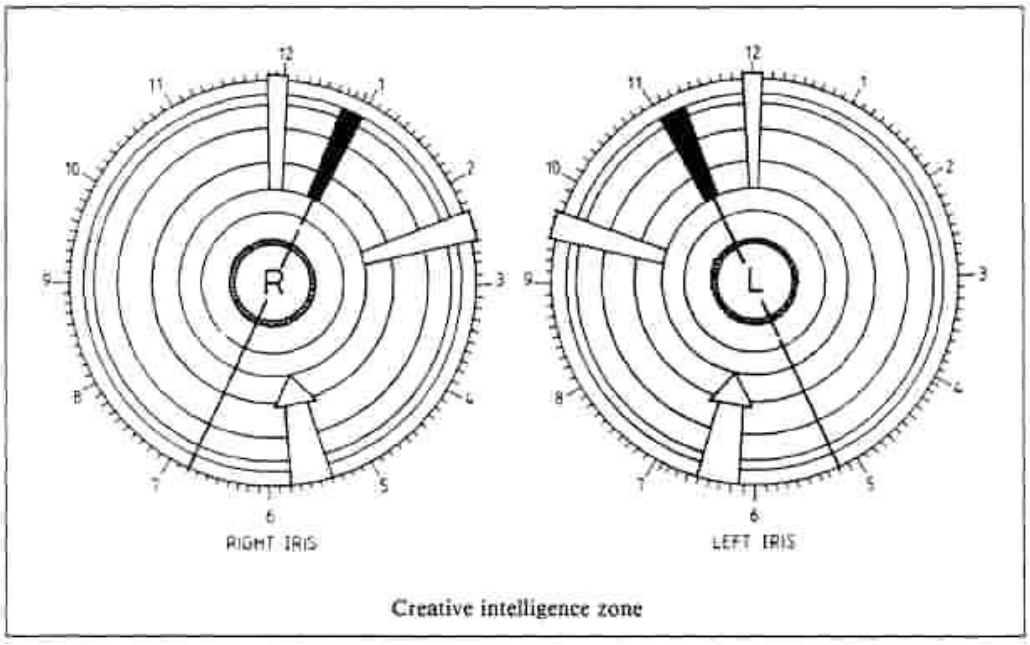
When hyper- or hypoactive physical symptoms can be acute and may include multiple sclerosis, epilepsy, dizziness and inability to stand up straight. Also look to the inner ear when these problems occur. Radials connect to the uterus/prostate/vagina/anus/rectum areas. It is interesting to note that epileptic seizures are relieved by enemas and the relaxation of the anal sphincter.

Creative intelligence zone

This brain area is in the prefrontal and frontal lobes.

When normal it encourages intelligence, logic, reasoning, memory and will power. It also affects voluntary movement.

Many fine, creative, intelligent, clever, critical, exact and sensitive qualities thrive in this brain area during heightened activity. A plenitude of creative and artistic abilities are included here.



Creative intelligence zone

When out of balance inspiration is blocked, tension dominates mental processes, negativity takes root, and perverse tendencies are encouraged.

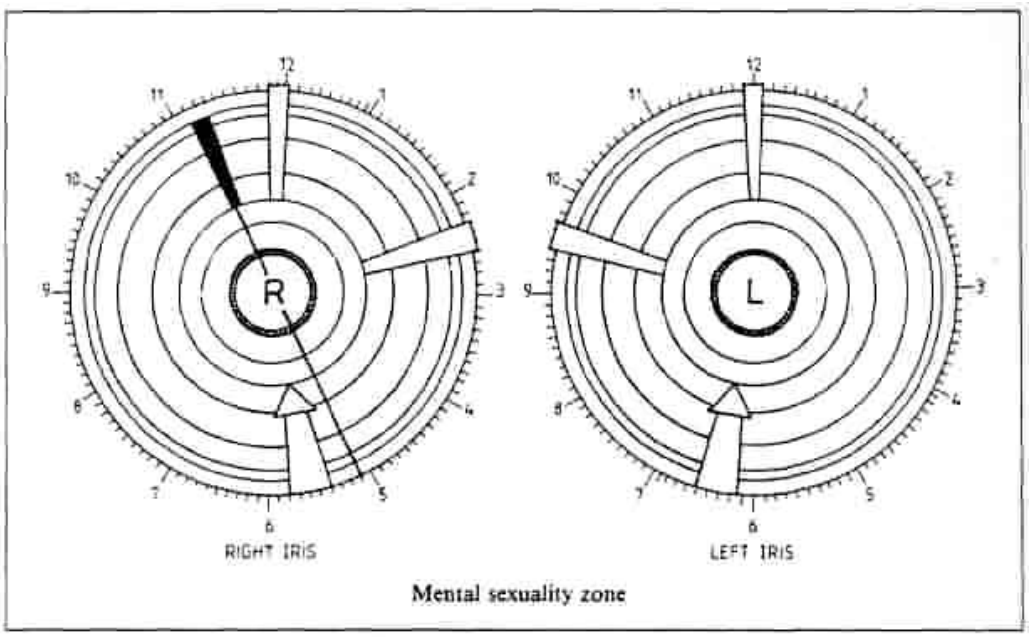
White signs occur when students are cramming for exams or they can indicate the mentally active 'quick to learn' types. Radii Soleris reveal that one's abilities are inhibited and there is a lack of perseverance. Students never finish studies and they are doomed to failure. Similar markings will keep a person in a low job without hope of advancement.

Dark signs indicate suffering from mental frustrations and dis-satisfactions because they have been stuck in jobs below their potential for so long that apathy, sluggishness and negativity have taken over. Lesions develop if these conditions reach chronic stress levels. Sodium rings indicate that the person is functioning at a lower capacity than their potential and brain functions are inhibited because of lack of circulation.

The radial relationship between the mental ability zone and the pelvis reflects the choice between the dominance of either mental or physical life. Some individuals can achieve a balance between the two with effort,

but most succumb to either sexual life and its attendant responsibilites, or the intellectual or spiritual life.

In Polarity Therapy the 'six pointed star' pattern represents the male energy which has its base in the pelvis and its peak in the forehead. The forehead point is this mental ability area, showing the relationship between the positive and the negative aspects of this polarity balance of the mental as opposed or balanced by one's choice over sexual life.



Mental sexuality zone

Mental sexuality zone

Located in the pituitary gland, the cerebrum, hypothalamus and limbic system, this brain zone governs sexual attraction, repulsion, responsiveness, preservation of the race and reproduction.

When heightened it can amplify sexual relationships with fantasy, excitement, creative imagination and bring out many fine, high and noble states of mind.

When abnormal, sexual obsessions, perversions, indulgence and competition take hold. Natural instincts and sweet loving relationships are forgotten in the manifestation of negative states of mind. Sex is either used as a battlefield or there is complete apathy and disinterest.

White signs indicate overactive mental states of fantasy and imagination. Yellow/brown signs show that the individual is over-compensating for not accepting their honest sex drives, therefore they live in a false reality of delusions, hallucinations and fantasies which do not become reality. Lesions show weakness where women are ruled by their sex drives, producing baby after baby, or men making conquest after conquest are unable to control their impulses. The sex area is also affected by the adjacent inherent mental area where anxiety and fear can override sexual feelings and inhibit natural love and caring.

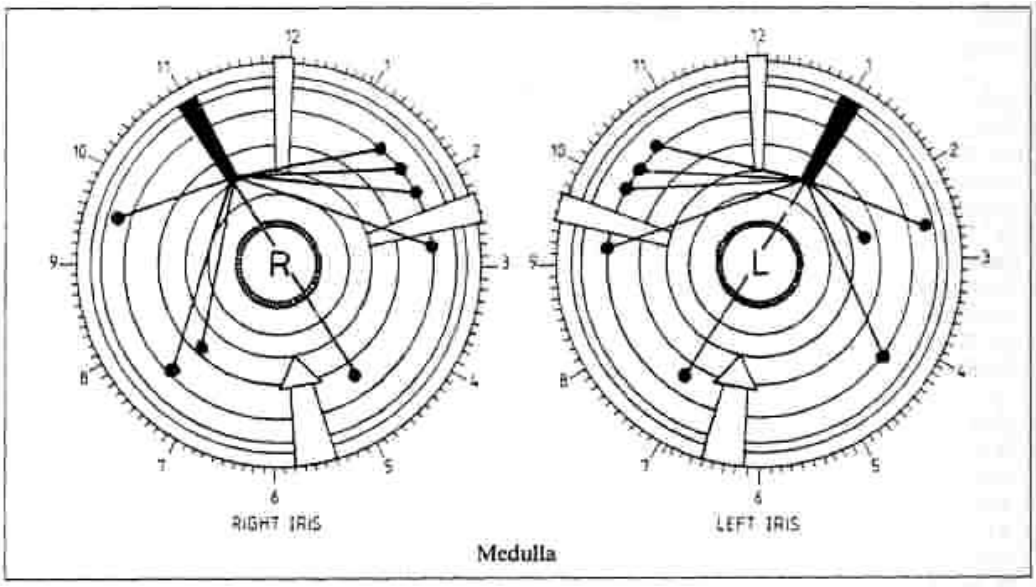
Sexual excesses lead to mental insufficiency. Constructive or creative thought depends largely on taking care of one's vital force, not wasting it.

Control over sex impulses frees the energy to develop other areas of being. When there are lesions showing that creative sex or mental force lack vigour, it could be regained by return to proper living. Perversions include stealing, kleptomania, rape, murder etc. or masochistic-sadistic relationships where natural love is replaced by hate, jealousy, hurt and relationships based on dominance. Whenever hallucinations occur they can affect or relate to any of the five senses, so it is important to check those areas as well, both the five sense brain area and the local areas for ears, eyes, tongue, nose and touch.

Radials point the way to strong illusions and delusions, and whether the line is white or dark will help determine more specifically how the person is affected. The radial to the uterus/prostate/vagina reflects the choice or drive of the individual to discriminate and control sex impulses.

Medulla

The medulla at the top of the brain stem is known as the 'respiratory brain' which controls respiration, coughing, hiccoughs, sneezes, swallowing, vomiting and salivation, The heart and vasomotor centre are also affected. The diaphragm is important because of its involvement in breathing, sneezing, hiccoughing, vomiting, and coughing. All these functions are survival and balancing mechanisms aimed at the preservation of vital functions.



Medulla

White signs indicate a well controlled individual, that the head is telling the body what to do. Perhaps the control may be too great, therefore tension occurs. Yellow/brown signs warn that there is a fault in the system, and that the signals to the body are low in power. The body is ruling the head. Cervical adjustment can help to stimulate the medulla, but purification is also essential. Alexander technique will improve posture and muscle tone, and rejuvenation with diet and herbs will help to rebuild the area. Lesions are a result of inherent weakness, or compression,

physical trauma and stress. Stretch the neck out to release and free the area.

Medulla/bladder radials indicate that medulla pressure or insufficiency has affected bladder functions. Radials from pupil or ANW to the medulla area indicate involvement of the nervous system and bowel toxins spreading via the lymph and circulation.

When abnormal, many physiological symptoms can occur affecting the above function. Look at the medulla whenever there are iris signs in the lungs, chest and bronchials. The medulla is often damaged in difficult births. Osteopathy, chiropractic and Alexander technique can complement internal treatment guided by iridology.

Sense organs

Treatment of the five senses

Whenever there are symptomatic problems with one or more of the sense organs, after checking out the 'Five Senses' in the brain zone, look at the specific iris areas (eye, ear, nose, tongue and skin) and consider their condition based on the display of any of the following markings: radii soleris, lacunae or lesions, reflexive fibres, lymph tophi, defect marks, nerve rings, bowel pockets, psora.

The key to all treatment is to work at cleansing and balancing the eliminative channels and the weakest major body systems. This will reduce the irritation and allow the body to adjust itself. With each of the four senses in the head area, adjustment of cervical vertebrae will activate and free the nerves to carry their impulses and reduce venous congestion. Also, it is essential that circulation of blood and lymph to the brain area is adequate. Proper intake of vital foods, minerals and vitamins is also important.

Eyes

The eye wash is an excellent stimulant, healer and nutrient. Make an infusion of eyebright, golden seal, bayberry and red raspberry with one eighth part of cayenne. Poultices of cucumber will also soothe irritated eyes. Eyebright tincture is a convenient eyewash to brighten and refresh the eyes. Stimulate the energy by working on the foot reflexology points. The eyes (Aries energy) are the positive pole of the digestive fire (Leo) particularly the Liver, and will reflect digestive problems. Local treatment is not enough. Release the body from the poison of accumulated toxins, and give it superior nutrition. It will heal to the highest level possible, when it is given the support it needs. Use foods high in vitamin A.

Ears

Whether the problem is lack of hearing, pain, inflammation or discharges, the treatment with mullein and garlic drops is very effective. The mullein gets absorbed into the lymphatic glands, and stimulates them to deal with the infection, and the garlic is antiseptic. If poor hearing is the result of the hardening of the body, improvement will only come as a

result of the systemic treatment. Again, foot reflexology is useful, especially of the two small toes.

Nose

Blocked nose, polyps, sinus congestion, mucus and catarrh must be dealt with at the systemic level. When the nose becomes an eliminative channel, congestion has reached unacceptable levels. During a healing crisis it may register as a white marking. Take rose hip tea, vitamin C and garlic. Treat the lymph system as well as toxic digestive congestion.

Tongue

Whenever the sensation of taste is gone, or the person suffers from dry mouth or excessive salivation, systemic treatment is required. Imbalances of this sort are signs of the progress towards chronic disease.

Touch

The peripheral nervous system on the outside edge of the body is purely functional in terms of the nerves themselves and the brain centres. Loss of touch is due to strokes and paralysis. Treatment to restore sensation has to be intensive, encompassing all aspects of water cure, massage, physiotherapy, as well as accompanying treatment such as acupuncture. Dr Christopher talks about cases such as these in his pamphlet, 'The Incurables'.

Ability to touch and feel is strongly dependent on vitality, enthusiasm and activity of five senses zone. Tension levels, fear and shyness also inhibit one's ability to feel, accept and enjoy touch.

Pupillary margin

The pupillary margin represents the CNS because it is a sphincter muscle made up of posterior pigment cells, from the embryonic development of the CNS. The degenerated condition of this pupillary margin signifies the deterioration of the CNS. The darker and wider the ring appears the more advanced the deterioration of the CNS. This is also known as the Pupillary Zone, Stomach Ruff, Neurasthenic Ring, Assimilation Ring or the Pars Iridica Retinae.

While this pupillary edge has a lot of different names given by iridologists in different ages and countries, the basic facts are the same.

Its normal colour is a reddish brown. The narrower the ring, the healthier it is. Ideally it should be a thin even line in a smooth circle. Psychologically, the pupillary border represents our inner world which reacts to emotions. Disturbed markings indicate that we do not have control over our emotions, or that we are obsessed with mood fluctuations. Radii Minoris start at the pupillary edge indicating CNS weakness, and end at the ANW. Radii Majoris break through the ANW and the ANS is affected. When they go to the brain areas they indicate cerebral weakness.

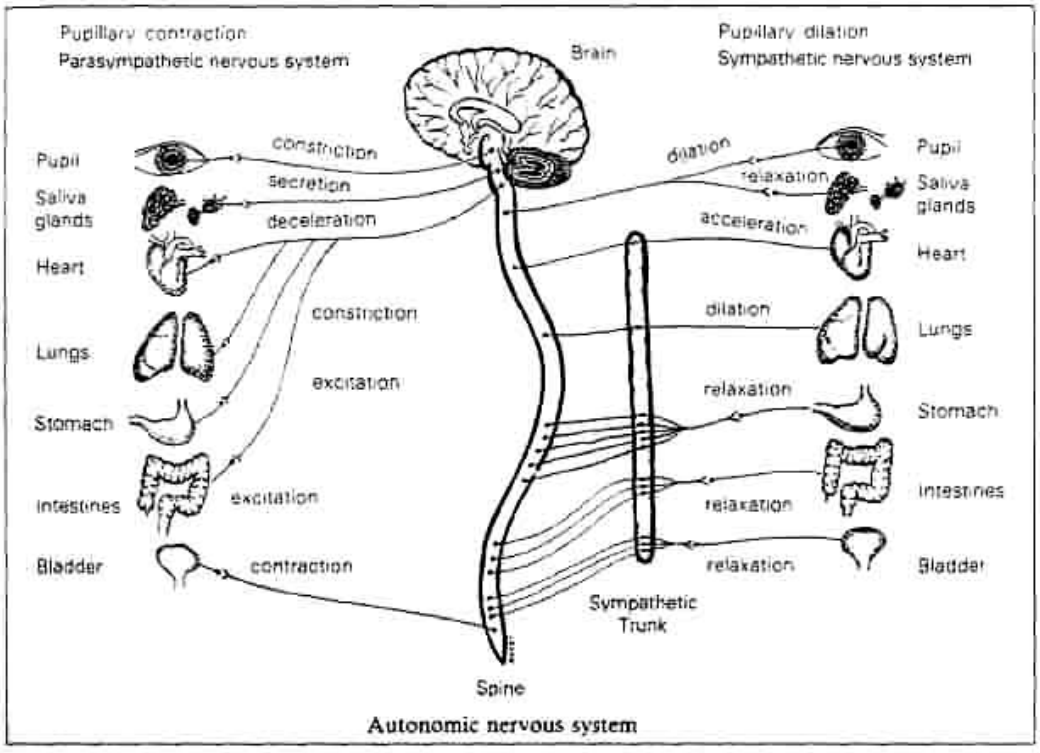
Hypofunction of this stomach margin is indicated by flattening down and pulling back of this pupillary ruff, exposing the darker lower iris layers. When the margin is rough and uneven the condition is even more advanced.

Pupillary margin colour indications:

1. A light white raised border indicates excess HC1.
2. A light brown border suggests active inflammation.
3. A dark muddy brown colour is the result of a chronic lack of HC1 and suggests a toughened, hard scarred, inactive stomach which has been affected by poor food and drugs.
4. Black indicates a degenerated CNS and chronic hypofunction of the stomach.

AUTONOMIC NERVOUS SYSTEM (ANS)

This dual nervous system requires active participation of both parts to provide balanced function so that the individual can both function effectively, and relax - enjoy leisure, rest and sleep well. The balance of both inner and outer realities is dealt with by the ANS. Some individuals are better at interactions with the world and others have greater communion with the inner life. The balance of both, and a healthy functioning ANS is most desirable.



Autonomic nervous system

Sympathetic and parasympathetic nervous systems (SNS and PSN)

The above figure shows how the SNS dilates the pupil and how the PNS contracts it. As well as this dynamic opening and closing of the pupil, the iris receives impulses which have passed through the thalamus

from the various organs and tissues of the body to the hypothalamus. His discriminating centre or control station receives, responds and then acts upon the information as it seeks to maintain the equilibrium of function, homeostasis. Then the nerve impulses travel to the irides via the Edinger-Westphal nucleus and the oculomotor nucleus where the information is thrown up on the iris screen, thereby indicating the condition of the tissues in the various systems, organs and tissues of the body. The selective markings reveal whether the area is normal, inflammatory, toxic or degenerative, as well as the strength or weakness of the connective tissue. The nerve impulses stimulate reflex frequencies which result in the variations of any abnormal markings and colours which appear over the basic eye colour.

Sympathetic nervous system (SNS)

We are constantly bombarded by stimuli (climate, weather, people, events, work, etc). Our interest and response is determined by the ability of the SNS to deal with this stimulation. Young babies and children who are learning about the world and who enjoy full interaction every waking moment exist for a few years in sympathetic dominance. As long as they can cut off and enjoy deep sleep and rest they will remain balanced, but if not they become hyperactive. If the overactivity continues for too long they run the risk of exhaustion, adrenal weakness and hypoactivity. A white ANW indicates hyperactivity and degrees of exhaustion and hypoactivity are determined by ever darkening shades of yellow, orange, and brown in blue eyes. It is harder to read this in brown eyes, but pupil size also reveals valuable information on the condition of the SNS.

The SNS as revealed in the irides consists of the adrenals, nerve rings, pupil size, zig-zag fibres, ciliary fringe, the ANW and Radii Soleris which break through the ANW.

Parasympathetic nervous system (PSNS)

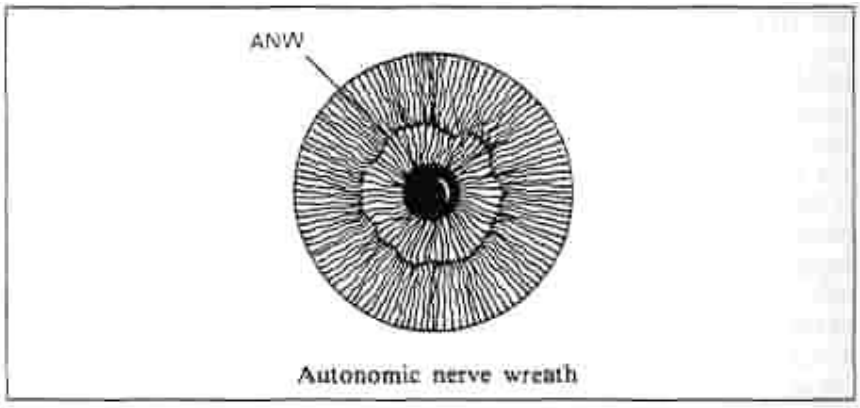
Aside from the ANS and the pupil dynamics the parasympathetic nervous system can be interpreted from nerve rings. The more nerve rings there are and the deeper they are the less the PSNS has been able to relax tense muscles and restore balance.

Autonomic nerve wreath in the iris

Because the wreath contains both sympathetic and parasympathetic nervous systems, we need to look at all the areas to determine the sympathetic signs. However, breaks in the ANW due to radii soleris, defect markings, lacunae and bowel pockets definitely indicate impairment of sympathetic function. Look to the specific areas and the overall pattern of relationships before making your assessment.

The ANW is a self regulating control system which monitors body functions without the need for conscious command. It is a transfer point where two sets of fibres meet, one coming from the pupil and the other from the iris periphery. The relationship of these sets of fibres is determined by several things: the dynamics of dilation and contraction of

the SNS and the PSNS, toxins, inherent weaknesses, inflammatory conditions and specific stress areas.



Autonomic nerve wreath

All the above causes of the shape and condition of the ANW are intermingled due to their integrated relationships. Toxins and inherent weaknesses diminish the efficiency of the ANS response. Inflammation causes irritability and hyperactivity which overstimulates the ANW response. Stress results in SNS dominance. The adrenals are hyperactive until they become exhausted. The individual runs on their nerves, going at high speed due to the activation of the flight or fight syndrome. If we make conscious efforts to balance activity with rest, relaxation, meditation, exercise, sleep and moderate living we can develop a strong PSNS which will balance even the most active SNS. On the other hand, exhaustion, apathy, and depression can cause PSNS dominance. The individual is at the mercy of their body weaknesses because they cannot motivate response to outer stimuli.

The basic shape of the ANW is the result of the rupture of the pupillary membrane which takes place in the last few weeks before birth. At that time the pattern is set, although adaptive variations may occur during the person's life due to constipation, stress and trauma.

The relationship of the ANW to the spinal column is important. It is essential to have free vertebrae movement so that nerve messages are not inhibited. The iridologist will recognize the need for chiropractic or osteopathic treatment.

The relationship of the ANW to the bowel wall is very close because it rings around the bowel on the iris chart. After relating the parts of the ANW to the correct spinal vertebrae you also relate each part of the bowel to the vertebrae. All this information will point the way to accurate analysis and effective treatment.

Adrenal glands

Markings in the adrenal areas on both right and left irides will show us whether these important stress glands are working efficiently. Look for radii, lacunae, psora, reflexive fibres, defect markings, bowel pockets, and also evaluate colours. Notice markings on right or left adrenals and their

influence over right activity or left-sided receptivity. Review the section on right/left irides for further clarification of this point.

Nerve rings

Nerve rings reveal valuable information about mental stress, physical tensions, emotional life, pupillary reactions, shocks, accidents, irritation (both chemical and psychological) and mental and emotional patterns formed by the mother and father which help form one's basic attitudes towards life. Nerve rings form a variety of patterns, of varying widths, lengths, depths, colours and distances between the pupillary and ciliary edges. They can stop and start at any place in the iris.

Causes of nerve rings

1. Irritation from toxins, drugs, acids or adjacent areas. Look at the beginning and the end of the nerve ring to trace the cause.
2. Hyperactivity, inflammation and overacidity accompany acute white nerve rings which manifest themselves when an individual is on the verge of a nervous breakdown. At that time rings are more than three or four deep and they are very strong. Sometimes they are close together and sometimes they are spaced according to the circular zones.
3. Lack of iodine in the thyroid produces hypertension, excessive emotional states and nerve rings from the head to neck areas.
4. Poor eating habits and abdominal tension can cause nerve rings in the intestinal tract.
5. Lack of proper exercise inhibits nerve supply and function, due to insufficient nutrition caused by poor circulation of blood and lymphatic fluids.
6. Excessive pupil dilation deepens nerve rings.
7. Injuries, operations, radium treatments and prolonged pain produce nerve rings which radiate out from the focus.
8. Posture and bodily tension. A common nerve ring pattern runs from shoulder to groin.
9. Strong and prolonged mental and emotional anxieties, frustrations, longings and fears produce nerve ring patterns which run down from the appropriate brain areas.

Sources of irritation causing nerve rings

1. Inherited conditions.
2. Drugs.
3. Psora markings.
4. Inorganic minerals from pollution, foods and drinks.
5. Radiation from treatment or exposure.
6. Operations.
7. Hyperactivity, inflammation and pain.
8. Acidic or toxic secretions from a diseased organ.
9. Hypoactivity, toxins, degeneration.

What to look for

Nerve rings follow the same concentric patterns and circular shape as the pupil and iris circles. These rings are the physical manifestation of mental and emotional patterns as well as the results of toxic deposits and injured areas. They always indicate the source and/or the result of irritation in the nervous system and how that affects the body and organ tissues. Accordingly, the iridologist should observe the following:

1. Where the nerve rings stop and start and any other markings at that focus.
2. How deep and light they are and whether toxins have settled in that area.
3. Whether the pupil is large or small as that affects the depth of the nerve rings.
4. How many there are (more than three or four indicate severe tensions).
5. Whether they are stronger or deeper on either the left or the right iris.
6. How close the nerve rings are to the edge of the iris or how far in towards the pupil. The deeper they are the more they affect the workings of the internal organs. Exterior ciliary edge nerve rings affect the function of capillary blood flow, superficial lymphatic fluid flow, and the function of the skin. They can also affect how we interact with the world and other people.
7. More than three nerve rings indicate nerve depletion.
8. Nerve rings in the circulation zone denote nerve enervation.
9. White nerve rings display hyperactivity and inflammation.
10. Dark nerve rings display toxic irritation.
11. Nerve rings at the thyroid reveal hypertension.
12. Nerve rings combined with acute inflammation may suggest muscular spasms.

Nerve ring zones

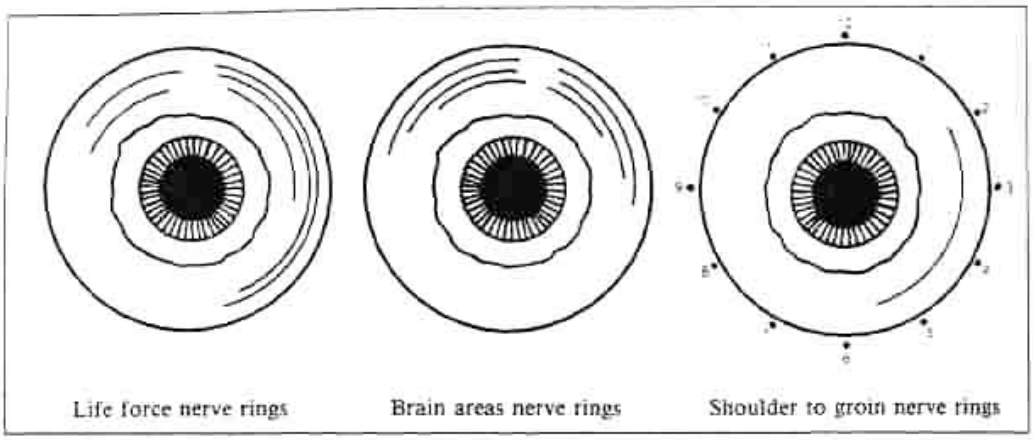
The iris is divided into seven circular zones. The four outer rings form five zones when divided by four nerve rings. See page 264.

White and black nerve rings

White nerve rings indicate an irritated, overstimulated condition of the CNS, the approach or present activity of a healing crisis or hyperactivity of the brain accompanied by nervous conditions and insomnia. When this condition continues over long periods of time the nerve rings, a reflection of a numb, semi-paralysed state, settle into an atonic state. When this happens the nerve rings darken to grey and eventually black. When the brain nerve rings are white this suggests hyperactivity, irritability, hysteria, insomnia caused by systemic or drug poisons, or mental and emotional imbalances and irritation. Black nerve rings in the brain area manifest after prolonged weakness, prostration, memory loss, numbness, partial paralysis of mental and nervous functions, apathy, regularity or toxicity. These are the unmistakable signs of crystallized mental and physical patterns.

Specific nerve ring patterns

Life force nerve rings When nerve rings radiate downwards from 12 o'clock, the life force brain centre, they indicate mental pressures and anxieties regarding basic vitality. In the right iris the rings would be related to activity, frustration or aggression and in the left iris to fear and lack of trust. Note where they end and correlate the iris interpretations with their psychological patterns.



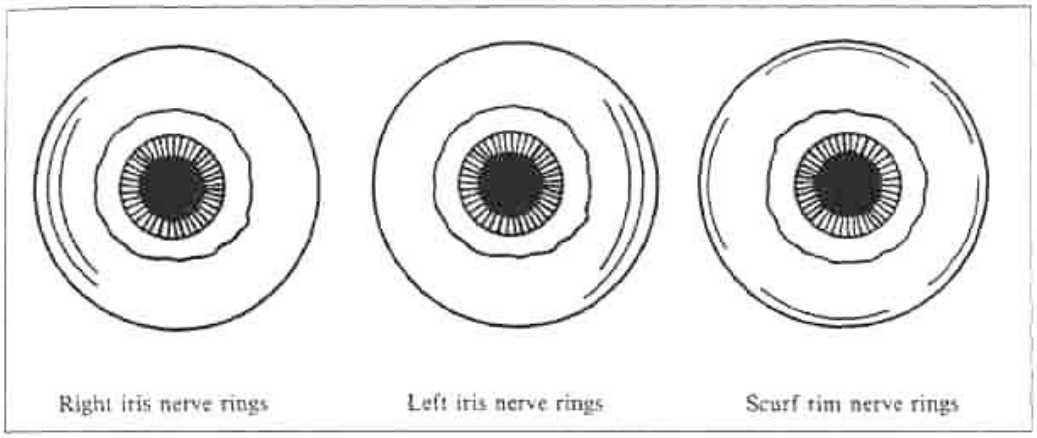
Brain areas nerve rings Common nerve ring patterns begin in brain zones such as the anxiety, the perfectionism pressure or the balance zone. When extreme these nerve rings can show the cause focus of hallucinations, hyperactivity, mental illness, and severe prolonged anxiety, fear or worry. Treatment relieves the influence of these markings in the iris and releases the patient from their tyranny. In the Soviet Union mental hospitals using iridology and natural treatment have been honoured by their government due to the long term recovery of their patients.

Shoulder to groin nerve rings These nerve ring patterns show the relationship between neck and shoulder tensions and the rest of the torso. Once you start a tension it radiates out and affects other muscles. The way we move and our posture also contribute to this nerve ring patterns. Look to see whether the nerve rings are on both irides. Both mental and physical tensions require treatment and release.

Left iris nerve rings As the left iris corresponds to the feminine principle, the mother and one's basic ground of love and trust in the world and within the family, any resistance indicated by the nerve rings centres around lack of trust, fear, lack of receptivity and suspicion. This protective resistance cuts one off from spontaneous giving and receiving.

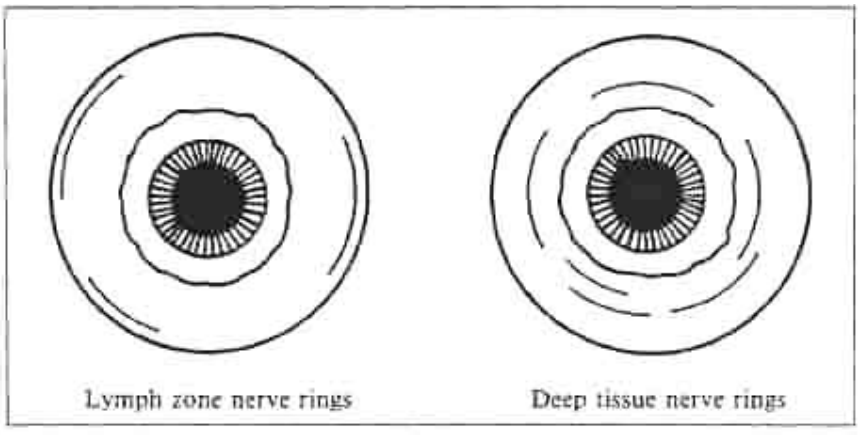
Right iris nerve rings As the right iris corresponds to the masculine principle, the father and to how one sets and achieves goals in the world, imbalances manifest themselves as aggression, frustration at not achieving goals, inability to manifest creative activity or blocks towards success.

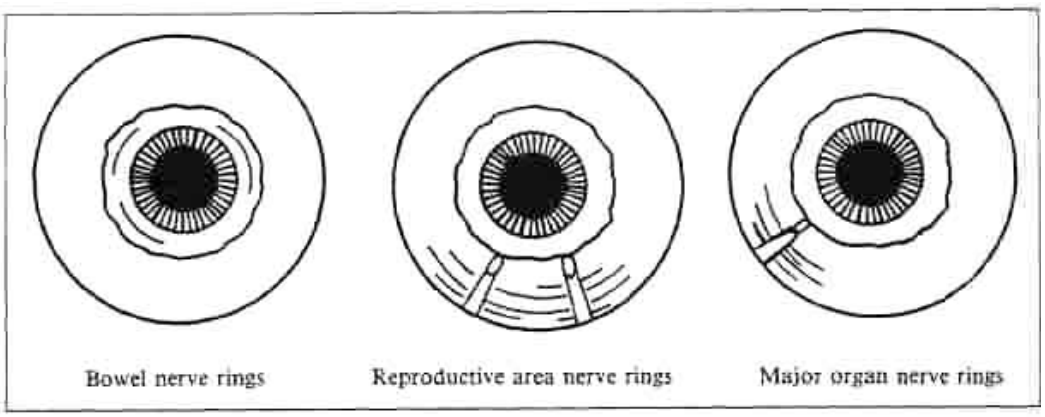
Excessive right-sided activity can also reflect an inability to relax and enjoy leisure.



Scurf rim nerve rings Whenever nerve rings crowd the ciliary edge of the iris and interfere with the movement of capillary and lymphatic fluids and inhibit the flow of perspiration, it also affects the person's relationship to the environment and social and family contacts. Note whether the edge of the iris is hard or soft. Observe their personality. Are they afraid of touch or do they welcome it and need it? There is much that can be learned from interpreting the scurf rim area in terms of both physical and psychological interaction.

Lymph zone nerve rings The lymph zone functions can be inhibited by superficial muscular tensions indicated by nerve rings. This can cause buildup of toxins, excess weight and fluids. Diminished skin function accompanied by disturbances on the skin itself can also occur. Toxic levels contained within the nerve rings lessen as the system is relieved by increased elimination combined with high levels of nutrient.





Deep tissue nerve rings When tensions have penetrated more deeply into internal muscular tissues, and the nerve weakness is more chronic, nerve rings appear in the inner circular zones. Here, the nerve rings are so much a part of a person's sense of being that they may not even be aware of the tension. Their influence is lessened during systemic treatment and as they diminish the person evolves new patterns of behaviour.

Bowel nerve rings These manifest when irritation from colitis or muscular spasms has reached acute levels of distress. Here the nervous and digestive systems are interlinked and they affect each other profoundly. When these single nerve rings appear within the ANW they are usually quite short. There are excellent charts in Kriege's book, *Iridiagnosis,* which help determine exactly which part of the stomach and intestines are affected.

Reproductive area nerve rings Whether in the breast, ovary, uterus, or prostate, penis iris areas. Nerve rings which point to and accentuate these areas suggest either the tendency to or manifestation of toxicity, tumours, cysts, inflammation and pain. Whenever radiation treatment has focused on an ovary, short nerve rings can point to the area indicating high levels of stress. These fade out as the tissues recover. The chart, above centre, shows nerve rings at the ovary and vagina areas.

Major organ nerve rings When nerve rings stop and start at major organs regard them as serious indications for primary treatment. Only years of experience and a harmonious interaction of scientific and intuitive faculties will enable the iridologist to take the mental leaps necessary to correlate physical with mental and emotional patterns. Each organ has correlations to mental and emotional qualities in addition to their obvious physical functions. The accompanying chart shows nerve rings at the liver area (above right).

Pupil Dynamics

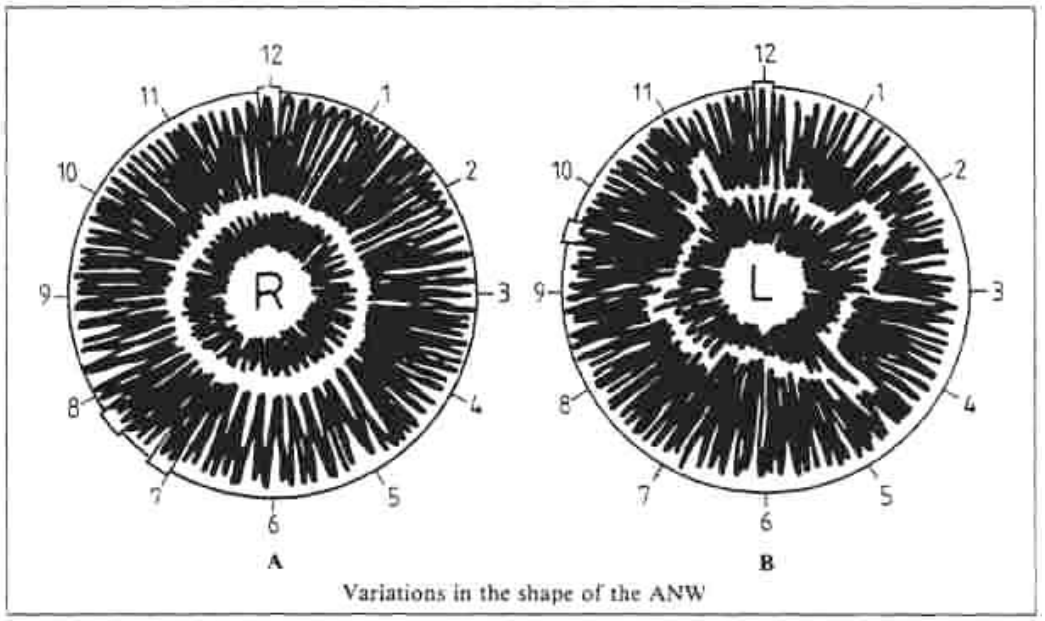
If you look at the black markings that I have drawn on the right iris 'A' below, you will see that fibres which come from the pupillary margin

meet fibres which come from the ciliary margin. The pupillary fibres meet the ciliary fibres at the ANW. Both the SNS and PSNS are involved. There is a dynamic relationship between them which results in a reflex action. Whenever there is a breakdown of fibres within the pupillary area there is a corresponding breakdown of fibres in the related areas outside the wreath. If the fibres are contracted within the ANW, this pulls the fibres further outside the ANW, and vice versa.

The ANW responds to these inherent weak areas, to toxic bowel pockets, to radii soleris, to tensions, etc. by changing its shape. It either bows out or pulls inward. All these variations in the shape of the wreath must be carefully observed and related to the organs and areas that they point to or away from.

Often only a part of the ANW is dilated or contracted, resulting in an uneven ANW shape. These specific pulls towards the pupil or the ciliary edge are the result of tension, irritation, lack of muscle tone and weak recuperative ability. They are also the result of shock and trauma. The relationship of the bowel wall to the shape of the ANW is integral.

Squaring the ANW indicates that chronic disease is reaching degenerative stages. Severe squaring of all the corners on both eyes can be a sign of approaching death. In many chronic conditions one or more corners are squared.



Variations in the shape of the ANW

Whenever the wreath above the transverse colon falls lower than it should, this represents a prolapse of the transverse colon which affects the brain areas and creates pressure in the lower abdomen and reproductive areas.

Wherever a strong radii soleris breaks through the ANW, coming from the bowel or the stomach, this indicates a breakdown in the function of the ANW. If this break occurs at the 12 o'clock animation life line it could seriously affect the energy level and will of the person. It is also important to correlate the break in the wreath with the vertebrae (i.e. life

force at 12 o'clock relates to cervical vertebrae), so that structural causes can be treated.

The PSNS contracts and the SNS dilates the pupil. The sphincter muscle contracts the pupil under direction of the SNS and is supplied by the oculo-motor after excision of the sympathetic urge to dilate. The dilator muscle dilates the pupil under direction of the SNS and is supplied by the cervical sympathetic and trigeminus after paralysis of the oculo-motor. The pupil, which normally rests at 3-6 mm diameter, responds to sympathetic/parasympathetic stimulation with its two antagonistic muscles of accommodation.

The dynamic pulls of the two sides on the ANW determine the irregular shapes that occur in the wreath. The pupillary side reflects the unconscious emotional functions or the will, and the ciliary side is more in response to outer stimuli from the world, i.e. other people, climate etc. In health there is an established harmony and balance between the two. If the wreath is very contracted it means that we are attempting to control body processes with our will and we live in a state of tension, unable to relax. If it is too relaxed then we do not have enough control, and exhaustion, weakness and susceptibility to toxins is the result.

The pupil dilation and contraction affects the size and shape of the ANW and the depth and number of nerve contraction rings. When the pupil is larger, contraction rings are deeper. When the pupil is small nerve contraction rings are pulled straight as they are drawn towards the pupil. When the pupil is large it often obscures the digestive area in the iris, making it difficult to read and interpret the stomach and bowel areas.

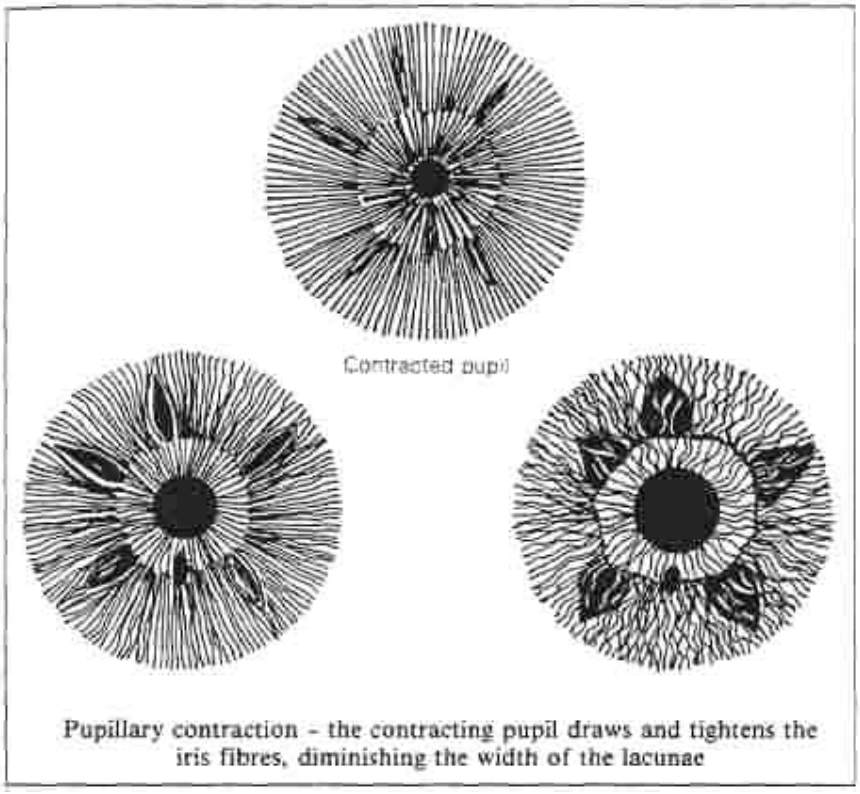
The size of the pupil varies when it is exposed to light and darkness, and accommodates itself to tensions, personality, mind and emotions. The pupil size is also influenced by age, when the person may draw away from the world into inward dreaming due to lack of interest in the present and their surroundings. They are larger in youth because of the intense interest in and interaction with the environment.

A weak SNS results in the small tight pupil, the result of dominant parasympathetic control from within. A pulsing pupil, one that tries to adjust pupil size but cannot hold it for long, accompanies a sympathetic nature which is over responsive to the needs and feelings of others.

A large pupil indicates sympathetic dominance, in that stimulation, stress and hyperactivity over long periods has caused atrophy of the PSNS. It can no longer compensate and adjust the pupil back to normal size.

Dilated pupil

The SNS dilates the pupil as a part of the flight and fight syndrome. When this continues during a long period of fear, pain or stress it leads to exhaustion of the SNS. This results in a permanently large pupil, a condition called *vagotonia.* When both pupils are dilated symmetrically the condition is called *mydriasis.* This sympathetic dominance is related to adrenal hyper- and eventual hypofunction. This iris condition makes nerve rings appear deeper because the large pupil pushes the iris towards the ciliary edge.



Pupillary contraction - the contracting pupil draws and tightens the iris fibres, diminishing the width of the lacunae

Pupils dilate in response to darkness, pain, focus on distant objects, childbirth, loud noises, diptheria, before epileptic fits, in the later stages of poisoning, fright, extreme emotion, low mental development, vomiting, brain anaemia and exhaustion. Short-sighted individuals have larger pupils.

Contracted pupil

The PSNS contracts the pupil as a part of its function to restore and relax the body after activity and SNS response. A rigid small pupil which no longer expands in response to outer stimuli indicates a PSNS dominance where inner attitudes prevent normal activation and response because the SNS is weak. This pupil contraction diminishes nerve rings because they are straightened by the muscles that contract the pupil. Always consider that nerve rings are more serious than they appear when they are accompanied by small pupils. A permanently small pupil is called *miosis* when both pupils are symmetrically contracted.

Pupils contract in response to bright lights, focus on close objects, drugs, chloroform, alcohol, congestion of the iris, venous obstruction, fevers, plethora, paralysis and tension. Far-sighted individuals have smaller pupils.

Anisocoria refers to the condition where pupils display unequal sizes. One pupil could be contracted and the other dilated, or they could alternate in their size differentiation. This is a serious indication which accompanies hereditary venereal disease, diptheria or meningitis. Both Kritzer and Von Graefe associate this iris sign with insanity.

Fluctuating pupils, which pulse large to small to large in alternate dilation and contraction, are due to nervous weakness, past or present trauma and a sympathetic nature which is extremely responsive to the feelings of other people and their sufferings.

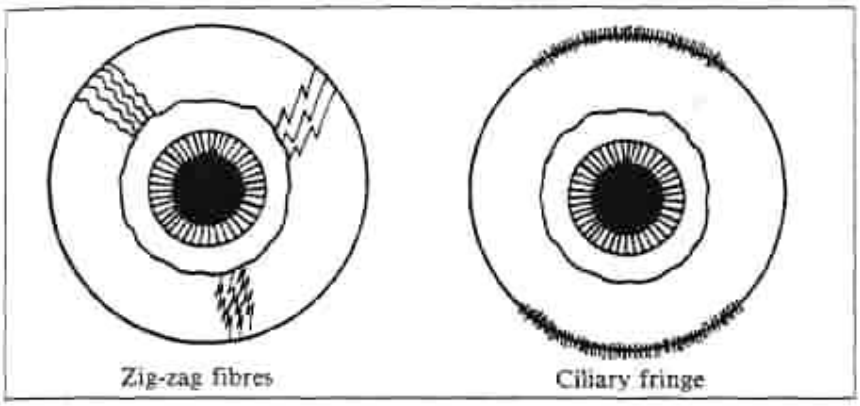
Solar plexus

The solar plexus plays a key role in transmitting emotional impulses to the digestive system. In *The Healing Secret of the Ages* Catherine Ponder refers to the solar plexus as a mirror upon which man's deepest, strongest thought impulses are reflected. We experience physical tensions such as butterflies, nausea, sinking feelings and indigestion, but the influence is greater. It is sometimes referred to it as the 'emotional brain' or the 'body brain' because it looks more like the brain than any other part of the body.

Shocks also have a strong impact on the solar plexus region and unless released will affect changes in digestion which may become permanent. Through the SNS, the solar plexus connects the stomach with the heart and mind, thus acting as a vital receiving and distribution centre. The solar plexus is also connected here via the SNS to the adrenal endocrine glands. Strong emotions are felt in the stomach, and the body reacts to adrenal stimulus. The Chinese regard this area, which they call the 'Dandien', as the centre of 'Chi'. Their systems of exercise, martial arts, acupuncture and philosophy works to strengthen this power centre.

The stomach region, which includes the solar plexus, is the physical reflection of discriminatory brain centres, where we decide what we will accept into our being. The physical functions of selection, digestion and assimilation are a reflection of these mental processes of discrimination. As the Chinese say, the pure is separated from the impure.

This emotional brain is part of the SNS which reacts to fear, stress new experiences or exams. This is often felt as 'butterflies', a 'knot' in the stomach or tension. Before meetings or appearances the person may have diarrhoea or be forced to move their bowels or pass water several times. The relation of the SNS triggers can be quite dramatic.



Zig-zag fibres

Zig-zag constitutional fibres reveal a low tolerance for frustration. These people do not have the strength to fight against oppression or

domination from others. They give in outwardly but suffer deeply inside. Their SNS's ability to fight or escape is impaired. They correspond to the Bach flower remedy type 'Centaury' because they find it hard to say no. Instead they give in and give up their own needs. These people need supportive companions around them who are considerate of their needs. They are often attracted to communities for this reason.

Ciliary fringe

Whenever this fringe appears at the head or foot zone it indicates sensitive attunement and vulnerability, or even psychic openness. The SNS needs to be strong to protect the individual from potential invasion. The Bach flower remedy 'Walnut' is useful to increase protection.

The peripheral nervous system

The vast network of peripheral nerves is constantly relating data to the CNS. Disturbances in body fluids, lymph congestion, capillaries, toxins, the scurf rim and the skin zone would impair proper function. The peripheral nervous system is in the iris skin zone.

Right/left iris relationships

When you observe the difference between right and left irides, valuable information is revealed about physical conditions, and related psychological, mental and emotional conditions.

The duality of right and left manifest in the physical body as a result of the pineal and pituitary glands. These glands in the hermaphrodite brain are the first separation into masculine and feminine.

The Chinese see the pineal as the tiger force of will, soul or the pure creative action of the holy man, the focal point for the positive masculine energy of spirit. It finds its outward expression through the right eye and represents the upper brain, and the masculine force.

The pituitary gland represents the dragon energy, or the feminine personality force as balanced creativity inspired by idealism and imagination. It finds its outward expression in the left eye and represents the lower brain.

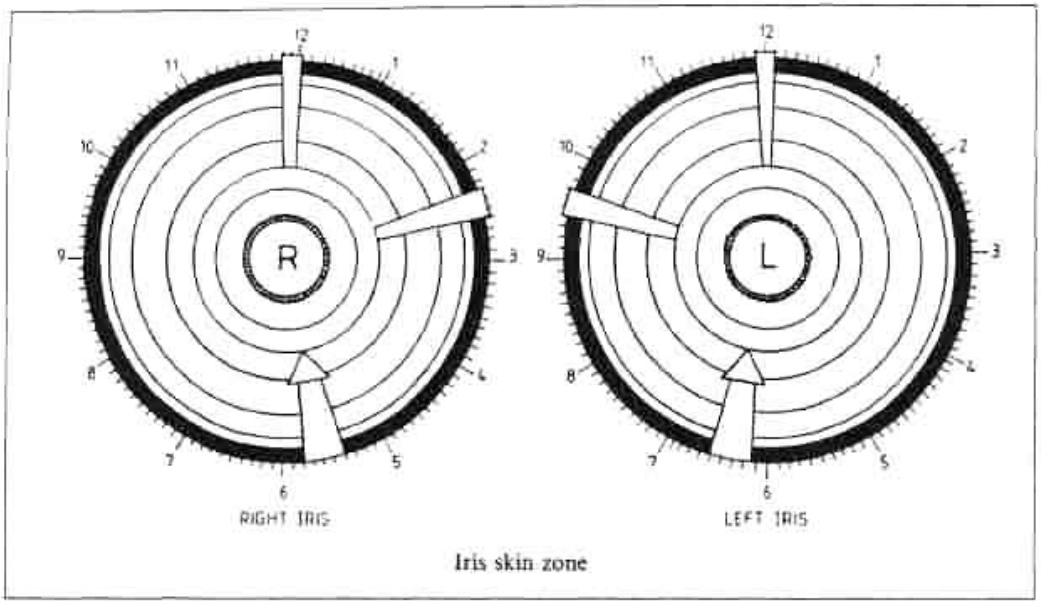
The marriage of the tiger and the dragon forces, the pineal and pituitary, results in the harmonious union which is symbolized by the third eye or the birth of Christ conciousness.

The step down of these masculine and feminine energies carried through the right and left irides reflect the qualities and attributes of these primal masculine and feminine forces.

Many humanistic psychology and treatment systems utilize this quality of right and left variables. The feminine left is in harness with masculine right, the two at odds, striving for equilibrium and harmony. The interior masculine/feminine dynamics emerge out of the archetypal male/female energies, our relationships with our father and mother, and control our relationships with men and women in our lives.

Kinesiologists consider the right/left interaction of integral value to harmonious function. The left logic brain governs the right masculine side which reaches out into the world, and the right brain the left intuitive side that receives what the world offers. Muscle testing and exercise like the

cross crawl try to balance right and left function so that they cooperate in harmonious balance.



Iris skin zone

Now that we have established a background we will look at the iris taking all this into consideration:

Right Iris	**Left Iris**
Yang	Yin
Rajas	Tamas
Outward	*Inward*
SUN	MOON
Pineal	Pituitary
Masculine	Feminine
Day	Night
Light	Dark
Outgoing	Receptive
Male	Female
Father	Mother
Worldly relationships	Family relationships
Strength	Weakness
Order	Confusion
Motion	Rest
Cheerfulness	Depression
Life	Death
Fullness	Emptiness
Growth	Retarding
Hardness	Softness
Rising	Falling
Expanding	Contracting
Ambition	Possessiveness
Logic	Intuition
Responsibility	Dependence
Sympathetic nervous system	Parasympathetic nervous system
Creative	Maintaining
Doing	Waiting
Control	Manipulation
Taking	Holding on
Lust	Frigidity
Power	Selfishness
Greed	Apathy
Competition	Passivity, inertia
Aggression	Submission
War	Defence, protection
Letting go	Acceptance
Attacker	Victim
Destruction	Preservation
Activity	Relaxation
Spending	Saving
Hot	Cold
Rage	Lack of anger
Courage	Fear
Fecundating, sowing the seed	Breeding and giving birth

Sattvic balance between right and left irides creates:

Love	Contentment	Harmony	Integration
Communication	Completion	Fulfilment	Synthesis
Health	Understanding	Illumination	Truth
Balance	Being	Knowledge	Communion
Enlightenment	Self realization	Wisdom	Insight

Right-left irides

While it is true that we have the potential for all manifestations of male and female within us, it is clear that various aspects of the masculine or feminine are dominant and recessive in each of us. It is rare to meet a person fully developed in both right and left sides and manifesting a balance of all appropriate qualities. As we polarize masculine and feminine within ourself, they will also manifest as projections on the outside. Thus an aggressive warlike male will seek to conquer and subdue the feminine, depriving himself within and without from satisfying, human relationships. However, it is possible he could meet a magnificent woman with a potent masculine side who could challenge his aggression and tame his nature so that he could enjoy fulfilment of the subtler, more inner side of his life. The interaction of masculine and feminine in relationships often resembles war.

When we look at the irides and see that either the right or the left iris has extensive nerve rings and the other does not, this is an indication of an imbalance of right and left energies. The first time I noticed this I was looking in the eyes of a very successful businessman. He had a cultivated appearance and manner yet one could sense the driving tension of his aggressive competitive nature. I asked him how he got along with his father and he replied 'Not at all. Nothing I ever did pleased him.' It was clear to see he was still trying to prove himself to his father. I then asked him what he enjoyed doing on a Sunday afternoon. 'Oh I attack the garden. We've a big place and it takes a lot to keep it under control.' It is amazing how we reveal our deepest selves with our words. The garden represents his feminine side, but it is not a place where he can relax. His garden is a proving ground for a masculine nature that is so unfulfilled it cannot stop even during leisure. Vervain was his Bach remedy type with Holly a close second.

Nerve rings on the right iris can also indicate a negative manifestation of the masculine side, frustration, rather than aggression. An inability to act in the world is as great an imbalance as doing too much. We all need a balance of both masculine and feminine activity and the full interplay of the sympathetic and parasympathetic side of our nervous system.

Nerve rings can appear in both right male and left female eyes, as either right or left imbalances. A woman can also have either her masculine or feminine side dominant, or out of balance. Likewise the left iris for a man.

Considerable numbers of women display strong left nerve rings due to stress around their feminine role. While many may have had a difficult relationship with their mother, others did not. Their problems might centre

around acceptance or fear of their own femininity, fear of having children or fear of men. Left side nerve rings on men's irides indicate a difficult relationship with their mother, death of their mother, fear of women's dominance and lack of trust.

When you see these signs a few simple non-invasive questions will usually bring out the information to reveal the hidden psychology. Sample questions are:

1. What was your relationship like with your mother (left iris), father (right iris)?
2. How comfortable are you when you are attracted to someone of the opposite sex? Do you go up to them or do you shy away?
3. How do you feel about having children?
4. What was your early family life like? Did your mother and father get on with one another?
5. Right dominant: What do you do for relaxation?
6. Left dominant: What are you like at achieving goals?

It is interesting that the liver and gall bladder on the right side of the body are organs which are affected by aggressive strong emotions which increase the production of bile.

The left side holds the spleen which is the receptor for pranic energy and nutrient. The heart also relates to the inner emotional life and the finer nobler qualities represented by the nurturing and caring of the feminine principle.

Always evaluate the left and right organs along with any left/right nerve ring imbalance.

Careful observation may also reveal imbalances in other dual organs and glands. Check both sides:

Dual organs and glands

Right	***Left***
Pineal	Pineal
Pituitary	Pituitary
Eyes, ears, nose,	Eyes, ears, nose
Parathyroid/Thyroid	Parathyroid/Thyroid
Lungs	Lungs
Breast	Breast
Ovaries/Testes	Ovaries/Testes
Adrenals	Adrenals
Kidneys	Kidneys
+ arms	+ arms
+ legs	+ legs

The general systems such as lymph, circulation, digestive, respiratory, urinary, muscular and skeletal may also reveal differences in right and left irides.

Treatment of the nervous system

The restoration and rejuvenation of the nervous system requires the coordinated forms of nutritive, herbal and naturopathic treatment. Often this needs to be accompanied by complementary treatment such as osteopathy, chiropractic, massage, or acupuncture. So many aspects of the person's life must be taken into consideration. Often, life habits, work, family, even climatic situations may require major changes. As strength and balance are the aim of treatment, the patient has to be prepared to leave negative patterns behind.

The daily diet must include adequate nutrient to feed the nervous system, such as foods high in vitamins A, B complex, Bl, B2, B6, niacin, C, D, G, as well as calcium, iodine, magnesium, manganese, phosphorus and sulphur. Useful herbs are oat straw, valerian, vervain, skullcap, lavender, peppermint, passion flower, lady's slipper, hops and chamomile.

Foods which overstimulate and exhaust the adrenals, such as excessive amounts of coffee, tea, sugar, alcohol, and drugs must be avoided.

The person must be willing to adopt a moderate lifestyle, which means sufficient sleep, reasonable working hours and the relaxed enjoyment of leisure time. Excessive indulgences of any kind must be avoided.

Herbal treatment provides potent superior nutrient to restore the nervous system. However, this must take place as a part of a total programme of eliminative and systemic treatment so that the body is brought up to a level of proper function. Only then will treatment provide lasting results.

Use the nerve, nerve vitalizer, nerve rejuvenator, sweet sleep, lady's slipper, lady's slipper/valerian formulae as well as serenitea and nervine or wild lettuce/valerian tinctures.

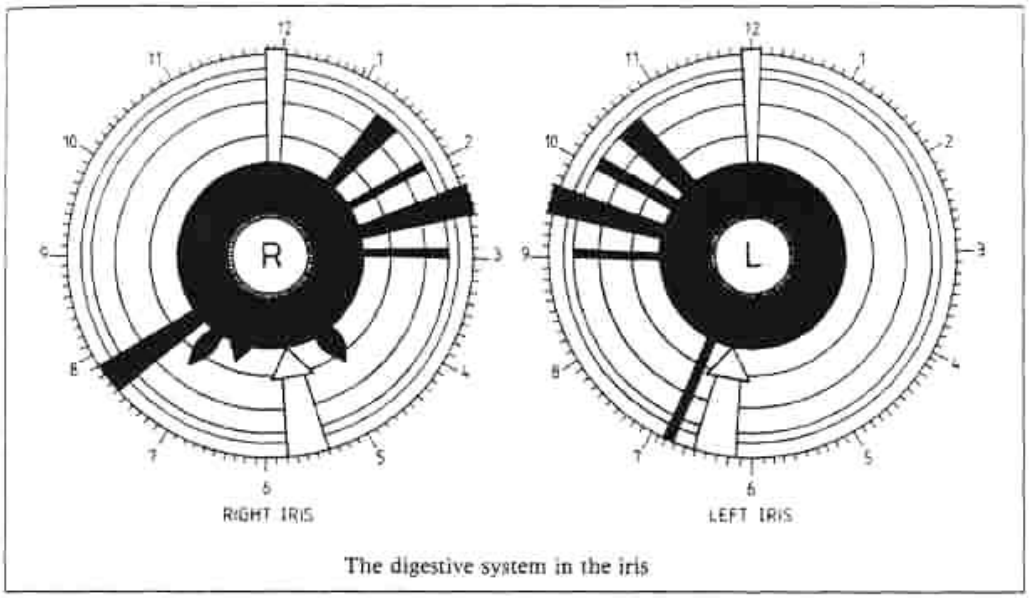
Naturopathic treatments are an excellent way of restoring nerve power. These include: Kneipp water cure, cold packs, aromatherapy baths, massages, herbal baths, deep breathing, yoga, Tai Chi, meditation and jogging. A good way of giving the system a rest and to release tension and fatigue is to take a holiday - not a nightclubbing indulgent holiday but a rest on the sea, in the mountains or at health spas or hot springs. Use the holiday to relax, exercise and purify your body and mind.

If patients are on tranquillizing or anti-depressant drugs they can still take herbal and natural treatment. However drugs can only be diminished by the patients themselves (in cooperation with their doctor) when they begin to feel better. Gradually the need for the drug will be less.

Bach flower remedies are also an excellent means to restore balance to the nervous system when it is the result of mental and emotional irritation, shock, trauma or their constitutional personality.

DIGESTIVE SYSTEM

The digestive system in the iris



The digestive system in the iris

Mouth, tongue, lower jaw
Tonsils, larynx, pharynx
Vocal chords, trachea (thyroid)
Oesophagus
Pupillary ruff
Stomach ring
Duodenum
Gall bladder, liver
Pancreas, spleen
Small intestines, peyer's patches
Caecum/ileocaecal valve
Appendix
Ascending colon
Transverse colon
Descending colon
Sigmoid
Rectum
Anus
** closely related influences Medulla
Autonomic nervous system

As you can see in the iris chart, everything radiates out from the digestion and affects every part of the body via the circulation, lymphatic fluids and nervous system. As well as problems within the various parts of the digestive system, the state of the chemistry of the digestion affects the entire body by the balance of acid alkaline and the assimilation of nutrient which becomes a part of the blood stream and is circulated through the liver to every part of the body. Local troubles such as bowel pockets,

diverticuli, strictures, etc. send toxins to reflex areas via the lymph and blood, along with nutrients.

Although one could correctly say that the gastro-intestinal tract passes through the body, but is not part of its internal environment, it remains the cause of most disease. This sensitive and integral relationship where the inner and outer worlds meet is a major key to purification and regeneration. Change this influence and the whole body responds. Here, the outer world passes through the body and is transformed. This is why fasting, cleansing, and nutritive diets profoundly influence the body. Toxins are removed, nutrients given, and the balance is restored.

This system also involves two important functions/decisions which have ramifications on all levels of being, mental, emotional, spiritual. One involves the choice of what we take into our bodies, and the other the elimination of what is not needed. Although these are basic functions of human life, they become surrounded by emotions and attitudes of all kinds, from the Ghandi fast that controlled an entire country, to the child who refuses to use the potty, choosing instead to mess his pants in an effort to control his parents. Do we see consciously what we need and eat it in a balanced way? Are we at the mercy of our desires? Do we eat amidst family quarrels? The possibilities are practically infinite, but it is essential that the practitioner tunes into the patterns of each patient so that they can begin to see the stresses that they have accumulated around the basic acts of eating and eliminating.

These same attitudes are reflected in other areas of their being. For instance, a constipated fearful person who holds on to faeces as long as possible may be unconscious about the connection. It may be easier for them to see that they are possessive with relationships or material things and that they hold on tightly long after they are good for them. The Bach flower remedy Chicory is helpful for this state of mind. Strong emotions and shocks also make lasting effects on the gut, and unless released, will form the foundation of future digestive troubles.

Iris signs

Mouth, teeth, tongue, lower jaw

Iris signs in these areas will range from the white acute inflammatory radials, flares or lymphatic tophi to the radials and toxic deposits of the grey, brown and black markings. Psora would indicate a block on normal function. This area often suffers from an overlay of central heterachromia, sometimes related to catarrhal settlements in the sinus cavities. It is significant when a radial from this area is also balanced by a radial on the right iris to the liver area, showing that how the hand feeds the mouth affects the digestion. Compulsive eaters often have an inflammatory radial showing the hyperactivity of the mouth and the related digestive area in the liver. Bowel pockets also toxify the area, which becomes sluggish and eventually diseased.

Tonsils, larynx, pharynx, thyroid

Here, where the lymphatic involvement of the mucous membranes is so significant, pay particular attention to white, yellowish or brown tophi,

each colouring a guide to the level of toxicity. Bowel pockets and toxins often congest the area and when combined with a lesion or inherently weak structure the pattern can indicate a chronic condition. Adjacent iris signs from the thyroid such as nerve rings, radials, hyper- or hypo-activity can affect this area also.

Trachea and oesophagus

There is a close relationship here with the respiratory system. Any markings from the bowel must pass through the bronchials. Also any radial relationships would be opposite in the lung areas. Whether white inflammatory or toxic dark markings are present, cleansing and regenerative therapies will prepare the ground for the healing forces of the body to normalize function.

Pupillary ruff

It is important to observe the size and colour of the pupillary margin to learn further of the condition of the stomach lining, the assimilation and the central nervous system. (Refer to the information on the pupillary ruff in this chapter, under the Nervous System). The wider and darker the margin, the more chronic the condition.

Stomach ring (halo)

Here, markings tend to manifest as either white or dark, either acid or toxic, or hyperactive or hypoactive.

In blue eyes the colour of the stomach halo can appear anywhere from white, through grey, brown, yellow, orange, to black. In brown eyes, the differentiation is much less, and shades of brown to black are observed, sometimes with overlays of pale white, or yellow to rust colours, indicating chemical or mineral deposits. The stomach halo can be correlated with HC1 secretions.

1. white stomach halo represents the acid stomach of excess HCl.
2. grey stomach halo indicates the sub-acute stomach of insufficient HCl.
3. grey/brown/black indicates the chronic stomach which lacks HCl.

As the stomach halo progresses towards malfunction small grey/black lines begin to fill up the space, until the whole circle is dark.

Duodenum

This iris mark should break through the ANW. It is often the site of a single outstanding mark, indicating digestive trouble in that area where the bile and pancreatic enzymes mix with the food released by the initial stages of digestion in the stomach.

1. white marks - hyperactivity, acidity
2. brown over white - ulceration
3. dark brown marks - ulcers
4. yellowish - sluggishness
5. check out gall bladder and pancreas marking

Gall bladder

Often the duodenum mark continues out into the gall bladder area, or the whole area is covered by a lesion/bowel pocket which indicates toxic congestion or degeneration, depending on the colour. Gall stones, as such, are not indicated by iris signs, only a predisposition to them. Cholecystitis may show as an inflammatory white or yellow-white cloud. A strong radial coming from the pupil will indicate a chronic condition affecting the central nervous system, and if the radial comes from the ANW it is affecting the ANS. Chronic signs like these require the full gall bladder cleanse.

Liver

The liver area may show a continuation of a radial which has covered the duodenum and gall bladder, indicating the serious and chronic nature of the toxicity, weakness and insufficiency. However, often liver signs show in the lymphatic zone, where they may be white, greyish white, yellowish and yellow-brown, the colour indicating the degree of severity. You will also see bowel pockets or inherent weaknesses which will guide you towards the proper treatment.

Small intestines

White signs in the small intestines indicate hyperactivity, governed by thyroid metabolism. This means that the food is moving too quickly through the small intestines for proper absorption of nutrients to take place. If the ileo-caecal valve is also weakened, this can also cause severe diarrhoea as the liquid food passes too quickly into the large intestine.

In some irides the small intestines stand out clearly as a dark grey colour, indicating sluggish activity which contributes to overweight when malnutrition causes hunger and overeating. Toxic small intestines means a more toxic blood stream.

Take notice of the condition of the peyer's patches area of the small intestines on both irides. When congested, fevers are stimulated as a part of the response of the lymphatic system of defence. When inflammatory this would be indicated by white markings.

Ileocaecal valve

Brown flares in this area indicate sluggish activity which allows toxins to collect in the area, leading to pelvis disorders as the toxins spread to the uterus/prostate/vagina areas. White markings would relate to the overactivity of diarrhoea and pain.

Caecum/appendix

This is commonly the site for a bowel pocket laden with toxins, which might lead to appendicitis. Radials often run through this area also, sometimes coupled with the opposite radial showing the relationship of stress in the perfectionism pressure brain area. White would signify pain and inflammation. Other colours which spill over from the bowel, such as yellows, rusts and browns from drugs, minerals, and inherited toxins, would all make their influence and contribute to impaired function. Brown

flares mean that peristalsis has slowed at that spot, and this can be referred to as a 'grumbling appendix'.

Large intestines

The bowel shows a variety of structural types, from the contracted tight bowel controlled by the mind, to loose net and flower petal structures indicating lack of tone. Refer back to all the implications of the structure types in earlier chapters. Within these various structures the most common signs are the bowel pockets, diverticuli, radials, and strictures or balloons in the shape of the bowel. The true iris colour may be overlaid with white, grey, brown or black indicating the stage of inflammation or toxins. Also the bowel is often coloured with yellow rusts, browns or central heterochromia which we have discussed in earlier chapters. The bowel is the hub. The condition of the bowel influences every part of the body. It is also one of the prime eliminative channels. There is no true cure unless toxic or inflammatory bowels are healed. Other significant colours are:

1. white - hyperactivity
2. psoric spot - blocked function, inefficiency, resisting peristalsis
3. reddish brown - medication for ulcers, cramps, indigestion, etc.
4. yellow - sulphur settled in the digestive area
5. black dots - intestinal parasites.

Sigmoid

Officially part of the large intestine, it is prone to pockets and ballooning due to faeces being held too long. All the same iris signs apply as for the large intestine, and toxins there affect the ovary and groin on the right side.

Rectum/anus

This area is commonly affected by haemorrhoids caused by the pressure of hard faeces and blood congestion. Iris signs range from the white of pain and inflammation, either in the lymphatic zone or as reflex radials, to the darker greys and browns of more sluggish conditions. Once again, look to the structure of the irides for keys to muscle tone.

Mouth, teeth, tongue, lower jaw and tonsils, oesophagus.

Problems in these areas are caused by inadequate nutrition, nerve inflammation and infections and are often associated with eliminative

functions of the lymphatic system in the mucous membranes. After examining the iris signs, treat systemically and then also consider specific treatment for conditions such as pyorrhea, falling teeth, tonsillitis, cold sores, etc. I will mention a few safe general treatments under each category, with the understanding that in-depth treatments of great variety are to be found in diploma training courses and excellent reference works.

1. Tincture of myrrh, rubbed on gums, is excellent for healing any infection.

2. Nutritive foods and formulae are necessary to rebuild bone and teeth, such as the body building formula and the calcium formulae. Also, seaweeds, alfalfa, etc.
3. For sore throats and tonsillitis drink thyme tea which is antiseptic, and make an effective syrup of hot water, lemon, honey, garlic, apple cider vinegar, cayenne, and ginger. Simmer. Sip and gargle.
4. Cleanse the bowels and stomach.
5. Dysphagia is a condition where natural swallowing movements are not possible. Look for causes in the muscular and nervous systems and use potent nutritional treatment both inwardly and locally.

Stomach

Acute, acid hyperactive stomach conditions Often difficult digestion problems require soothing, healing and alkalinizing treatment to relieve the pain, belching and heartburn. It is essential, also, in conditions of this nature to consider the nervous and emotional background and the causes which lead to the problems both in living and diet.

1. Useful diets are the mono diet (one food for a meal), alkaline diet, juice fasts and care with food combinations.
2. An excellent stomach acidity formula is equal parts of dandelion root, slippery elm, calamus, meadowsweet, irish moss and iceland moss.
3. Excellent teas are meadowsweet (balances HC1 secretions in the stomach) wood betony (most reminiscent of regular tea) and peppermint.
4. Slippery elm also makes a soothing healing drink. Liquidize one teaspoon in a cup of soya milk and add honey to taste. Add wild yam root if there is flatulence (equal parts).
5. Regular drinks of aloe vera cactus will ease the pain of ulcers and stomach cancer. Cayenne stops bleeding of ulcers.
6. Drinks of apple cider vinegar, water and honey are a popular folk remedy to aid stomach alkalinizing and improve digestion.
7. Ginger is a kitchen carminative which aids digestion and relieves flatulence.
8. Golden seal is a potent remedy for the entire gastrointestinal tract.
9. Regular intake of fresh garlic disinfects the system thus avoiding gastrointestinal infections, colds, flus, etc.

Liver/gall bladder/duodenum

The radial in the right eye reveals the condition of this digestive area. The liver secretes alkaline bile which is held in the gall bladder until it is needed in the duodenum. These organs are particularly susceptible to negative emotions such as anger, bitterness, jealousy, resentment, etc. The liver is also a blood-purifying and nutrient-distributing organ system through the hepatic portal system which absorbs nutrients from the small intestine.

Treatment must begin with causes of the problem, which may be bowel toxins, inactive lymphatic system, poor nutrition, nervous stress or emotional disturbances, etc.

Pancreas

The pancreas secretes enzymes, as regulated by hormones and the vagus nerves, into the duodenum to prepare proteins, fats and carbohydrates for digestion and absorption in the small intestines. In the iris one often sees a diamond-shaped organ lacuna in the pancreas area, often related to a bowel pocket. When it is white, it indicates hyperactivity. After treating the whole body, its weakest eliminative and body systems, the pancreas is best aided by the following treatment:

1. Pancreas formula
2. Reflexology foot massage
3. Natural insulin is found in Elecampane; drink decoction regularly
4. Counselling and treatments to relieve negative emotions affecting the digestive system
5. Useful treatments for diabetes in addition to the above:
   a) cranesbill and golden seal
   b) red raspberry, myrrh and cayenne
   c) infusion of sumach berries

Small intestines

This area of the bowel, where blood assimilates nutrient and draws liquid from the chyme as it passes through, responds to natural therapeutics, particularly simplification of diet, cleansing, bowel formula and general purification of the pelvic area through such methods of the castor oil pack and poultices as needed. There is a close relationship of the small intestines to the nervous system via the solar plexus. It is also important to consider the thyroid, as the rate of metabolism determines the speed with which food passes through the intestines. Of course the composition and chemistry of the food by this time has been determined by each of the previous steps of digestion such as chewing, saliva, stomach acids, mixture of bile and pancreatic enzymes in the duodenum. Common problems in this area are diarrhoea, wind, flatulence, constipation, colic enteritus, gastrointestinal flus, etc.

Treatments:

1. cramps and colic are relieved by wild yam root and cramp bark
2. thyroid rate of metabolism by kelp or thyroid formula
3. gastrointestinal flu - evening primrose root decoction
4. see diarrhoea treatment in Chapter 4
5. castor oil packs are very effective here, for absorption problems, relaxation and softening the faeces.

Caecum and ileocaecal valve

This area of the body can become tense and congested, allowing faeces to collect. Also the ileocaecal valve plays an important role where the small intestines open into the large intestine, at the bottom of the ascending colon. Often tension, sluggish bowels, constipation, etc. cause this important valve to lose its tone, or to become spastic and throb with pain. Treatment aiming at both the digestive and nervous systems, together with local relief of muscular tension, will help to relieve the

congestion and sluggishness and restore normal function. Also, the bowel walls stretch and form pockets once the muscles have lost their tone.

Treatments:

1. Bowel tonic
2. Castor oil pack
3. Deep massage
4. Slippery elm/lobelia poultice
5. Reflexology massage

Appendix

Although part of the lymphatic system, the appendix secretes both antiseptic and lubricant solutions which aid bowel function, by stimulating peristalsis and protecting the tissues against infection. When inflamed, it acts as a warning device against high levels of infection.

Treatments:

1. cleanse the bowel with lower bowel tonic
2. castor oil packs
3. slippery elm/lobelia poultice

Bowels, colon and sigmoid

Almost every patient requires lower bowel cleansing. Iridology shows how important this is. The bowel and the small intestines are the hub from which nutrient is distributed throughout the body. Refer to Chapter 4.

Rectum/anus

This area suffers easily from haemorrhoids and piles created by pressure usually caused from constipation and dry faeces. Aside from treating the whole body and the bowels, and improving diet, an effective local treatment is to use regular, frequent applications of iced witch hazel on the area. When the blood has retracted enough so that the swollen area can be pushed inside, make a ovule of soaked cotton and push up inside. Astringent enemas are also very helpful.

Gall bladder treatment (gall stones)

Calcarious stones Dr Shook recommends intensive treatment with hydrangea root decoction (loz of the herb to 1 pint of distilled water). Taken 4-6 wine glass doses daily until the condition clears.

Frank Roberts' herbal treatment for gall bladder inflammation 2oz fluid extract each of black root, kava and euonymous and 4oz fluid extract of marshmallow root

Dosage: Take a small teaspoonful immediately after every meal, with a minimum of 3 doses per day in a wineglassful of tepid water

Holistic herbal treatment

1. Liver/gall bladder formula (3 x day)
2. Calcarious stone formula if needed, with hydrangea root

3. Special diet (avoid fried and greasy foods, spicy foods, pastry)
4. Daily oil and lemon liver flush
5. Reflexology
6. Gentle daily exercise (walking, swimming)

Gall bladder cleanse
TEXTBOOK: *Modern Herbalism for Digestive Disorders* by Frank Roberts

Need:
½-1 pint cold-pressed high quality pure olive oil
½ pint fresh squeezed lemon juice (8-9 lemons)
Enema kit
Strainer screen
Ingredients for coffee enema

Rules:
1. Choose a weekend or two days when you do not have any social engagements or commitments (especially for the second day).
2. Do not eat anything after the midday meal on the first day. Eat a light fresh salad lunch (fruit or vegetable) and drink juices and herb teas.
3. Commence treatment about 7p.m.
4. Take 4 tablespoons of the olive oil and immediately take 1 tablespoon of fresh undiluted, unsweetened lemon juice.
5. Repeat every 15 minutes until all the oil is taken. If you need to take an extra tbsp. of lemon juice for any dose, this is all right.
6. Between each dose, lie down, with your head on a pillow lying on your right side, with your knees bent towards your chest.
7. IMPORTANT. If you vomit any oil, continue taking the doses, Sometimes an excess is eliminated this way.
8. The treatment is also successful using only ½ pint of the olive oil when there is not a chronic gall stone condition. As a cleanse in the relatively healthy person, | pint is good.
9. If there is a chronic gall stone condition I strongly recommend preparing for the treatment by diet, body work, relaxation, poultices and herbal baths, massage, and Bach flower remedies, before the actual gall bladder cleanse. A tight, tense congested area will make the treatment more uncomfortable than it needs to be. Truly, if a real cure is to take place, all those other dimensions of holistic healing need to be considered.
10. Lie down for 1 hour further after the last dose is taken.
11. Retire early.

Reactions:
1. Nausea - Being quiet and still and lying down will reduce any nauseous effects. If you do vomit some of the oil, don't worry.
2. Wind - rub stomach, take up squat position, gently rocking back and forth.

3. Burning (slight) in bowel means that chemical toxins are being released. Do not worry. Gerson Therapy people have done a lot of work with this and confirm my experience.
4. Sleeplessness - often people experience a happy, high feeling. Some dream a lot. Others are more uncomfortable. If you do this work you will find each time is different, depending on what the body is releasing with the cleanse.
5. If you need to move your bowels, do so. Go into the strainer and then pour water over so you can see what comes out. Many people like to collect all the stones and gravel so they can see the extent of what they have passed. I've even seen small tumorous growths come out. The stones vary in colour and size. The usual colour is a green bile colour. These stones are called biliverdin. On occasion bilirubin stones pass which are red. Usually any calcarious gall stones will not pass with the cleanse. They need to be dissolved from within by such herbs as hydrangea root.
6. The stones will come out up to 48 hours after the cleanse, and as they are exposed to the atmosphere they begin to soften and dissolve, until they are completely gone. In some cases the liquifying takes place before they leave the bowel. In this case the bowel movement is usually very soft and messy (much more oily).
7. Anyone suffering from a chronic gall stone problem should follow through with herbal treatment to relieve the weakness and inflammation in the area.
8. The coffee enema should be given the following morning on rising to stimulate the eliminative process.
9. Often there is up to 1 cup or more of stones passed with a very minimum of discomfort.

Follow up:
1. You may repeat the cleanse in three months if you wish.
2. Pay attention to fatty foods and dairy products, and minimize these in your diet.
3. Do follow-up herbal treatment for inflammation. Gall bladder formula.
4. Explore emotional causes for gall stones; a condition of negative fire emotions; anger, resentment, jealousy, bitterness.

Liver cleansing and strengthening
1. ***Liver flush on a purifying diet: Dr Stone***
Cold pressed olive oil with lemon is a cleanser for the liver, whereas cooked and fried oils are harmful.

Daily Breakfast:
Mix 3-4 tbsp. pure, cold pressed almond, olive or sesame seed oil
6-8 tbsp. (twice the amount) of fresh squeezed lemon juice
Fresh ginger juice may be added to taste
Add fresh grapefruit, orange or tangerine juice to taste
Liquify with 3-6 cloves of garlic
Drink and follow with herbal tea containing 2 cupfuls of a mixture of:

Licorice Root
Anise — simmer and add peppermint and violet leaves
Fennel leaves.
Fenugreek

If constipated: add more licorice root and fresh garlic
If diarrhoea: no licorice, ginger or liver flush *but substitute* cinnamon bark in the tea and use ground cinnamon with baked apples and dates, raisins OR cinnamon cooked with rice and barley and curd.

Also chew citrus seeds, keeping in the mouth for at least 15 minutes to gain the benefit of enzymes, vitamins and minerals. The bitter essence is helpful to the liver. This also helps to relieve the garlic odour, as does chewing parsley or whole cloves.

NO FOOD TO BE TAKEN WITH THIS MORNING CLEANSE!

2. ***Liver flush on a health-building diet: Dr Stone***

Take 1-3 tbsp. of pure, cold-pressed almond or olive oil mixed with 3 x the amount of fresh lime or lemon juice - stir and drink.

Then take 2 cupfuls of HOT water with the juice of ½ to a whole lime or lemon juice to each cupful.

Or Alternative: Take 1 glass (8oz) fresh orange, grapefruit, pineapple or pomegranate juice with the 1-3 tbsp. oil added in and followed by 2 cupfuls of HOT lemon water as above.

ALSO helps to relieve constipation.

This health-building liver flush may be followed by fresh fruit with a few almonds and raisins about .15 minutes after the liver flush.

Heavier breakfast: may be taken 1 hour or more after the liver flush. Millet (¾) and fenugreek (¼) steamed porridge with ½ cup of juice containing fresh pressed ginger juice and water in which raisins, dates and/or figs were soaked overnight. Sweet fruit may also be added, like banana, honey, but never a citrus fruit. Also you may have 2 dozen peeled almonds (preferably soaked overnight). Chew well. This is a very substantial breakfast.

Strengthening liver weakness with herbs and diet

1. AVOID alkali medicines completely as they neutralize the substance which sets off the instructions which eventually result in the flow of liver bile.
2. AVOID ALL FRIED AND FATTY FOODS, including dairy products.
3. AVOID all alcohol.
4. AVOID tea, coffee, spices, condiments.
    1. Use coffee enemas to stimulate flow of bile and cleanse the liver. How often depends on individual needs.
    2. Work on mental, emotional problems and conditions.

3. HERBS: a) Liver /gall bladder mixture
b) Cleansing the bowel
c) Normalizing hydrochloric secretions in the stomach (meadowsweet tea is excellent)
d) Bitter digestive tonics are excellent to stimulate and balance flow of bile (bayberry, dandelion, barberry, etc).
4. When conditions like hepatitis have developed, additional treatment using fomentations and poultices are essential to relieve congestion in the area (slippery elm & lobelia).
5. *Jaundice* formula: restores liver to normal function.

1 oz. Mandrake root
½ oz. Culver's root
1 oz. Dandelion root
1 oz. Gentian root
½ oz. Golden seal root
¼ oz. Cayenne

Mix all powders and place in capsules size 0, 1, 3 x daily

6. *Inflammation* of the liver formula.

1 tsp. Mandrake root
2 tsp. Culver's root
1 tsp. Blood root
2 tsp. Dandelion root

Mix powders and take 1 capsule nightly on retiring

7. Tissue salt Nat. Phos. - (bladderwrack, fennel, elecampane.)
8. Castor oil packs on liver area are also very helpful in relieving congestion and helping the lymphatic system to clear the area. Softens. Relaxes as well.
9. Liver/gall bladder formula.
10. Gentian root (read Dr Shook).
11. Acupuncture to balance liver/spleen function.
12. Reflexology foot massage
13. ⅓ lobelia, ⅔ slippery elm poultice on the liver to relieve congestion - excellent for hepatitis.

The digestive system and the nervous system

The nervous system is dependent on the digestive system for nourishment. If digestion fails, the nervous system draws what it needs from the stomach and intestinal walls and muscles, thus causing problems and weakness in those areas.

The digestive system is intimately connected with the nervous system via the ANS, particularly the cranial nerves, coeliac and solar plexuses and the plexus of Meissner in the duodenum. The climate of our emotional life affects our digestion and the best food can be spoiled by tensions, nerves or upsets. Sight, smell, touch, taste, all increase or decrease the appetite, showing the close relationship with the five senses.

The medulla also plays its part in the digestive system, particularly controlling the vomiting reflex. Also, as previously discussed, the absorption ring of the stomach pupillary margin reveals the relationship of the CNS.

The digestive system and the circulatory system

The digestive system provides the nutrient for the circulatory system to distribute, but if it is toxic, then it is also the means for bowel toxins to be spread throughout the body. A clean bowel is essential for good health. When the circulatory system is severely unbalanced, as for instance, when the sodium ring is apparent in the iris, digestive chemistry is intimately connected. A hyperacidic stomach burns out sodium from the stomach which migrates to the sodium ring, eventually causing a lack of HCl (hypoacidity) and an inability to digest protein. If the causes of the sodium ring are not treated as well, treatment to eliminate the circulatory congestion will not be effective. The digestive organs are often called the blood forming organs; each playing a part in preparing the food for its assimilation and absorption into the blood so that nutrient can be distributed all over the body and transformed into energy and new body cells and tissues.

The liver performs several functions which assist the circulatory system. After nutrient is absorbed by the blood in the small intestines it is carried to the liver, where it goes through chemical processing before it is sent to every part of the body. The liver also raises the temperature of the blood, forms red blood cells in foetal life, destroys red blood cells, stores haematin for maturation of new red cells and manufactures plasma proteins.

The digestive system and the lymphatic system

The lymphatic system is a subtle multi-faceted system which is closely interconnected with the digestive system. In fact, several parts of the digestive system are also parts of the lymphatic system. These parts are the tonsils in the throat, the appendix in the caecum, the peyer's patches and the lacteals in the small intestines. While the tonsils, the appendics and the peyer's patches are part of the warning and defence system, the lacteals are actually involved in the absorption of the nutrient which is taken into the liver via the hepatic portal tributaries or via the cysterni chyli thoracic duct and venous circulation to the liver. The mucous membranes in the throat and mouth are also lymphatic. As well as these major lymphatic centres, the lymph is an integral intercellular fluid which flows through all tissue, distributing nutrient and cleansing toxins, and so is an essential part of all digestive organs, muscles and tissue. The liver also aids the lymphatic system in detoxification of the blood, especially of foreign substances.

The digestive system and the respiratory system

Aside from the obvious function of nourishing the tissues of the respiratory system, the digestive and respiratory systems are most closely connected by the sharing of the mouth and throat passages, and in subtle contributions the digestive system makes in preserving the alkalinity of the blood which helps the medulla to govern respiration. They also function and support each other as eliminative organs; bowels move wastes down and the lung expels wastes upward, back into the air.

The digestive system and the endocrine system

The most intimate connection perhaps is the thyroid gland which governs the basic metabolism of digestion. Also, the adrenals affect the digestive system through the sympathetic nervous system.

The liver also aids the pancreas in its endocrine function by helping to maintain normal blood sugar levels. The liver cells produce glycogen which is stored in liver cells and converted back to glucose when needed.

The digestive system and urinary system

The digestive and the urinary systems are interlinked in that the urinary system becomes responsible for the elimination of most of the fluid taken into the body. Fluids are drawn out of the foods and taken through the liver's chemical factory. There nitrogen is separated from the amino acids in the blood and ammonia is converted into urea which is removed from the blood by the kidneys and excreted into the urine. It is also one of the eliminative channels, working together with the others to keep the body clean and clear.

The digestive system and the reproductive system

The most outstanding relationship is nourishment, particularly with the female, during pregnancy and nursing.

The digestive system and the skeletal system

The skeletal system is completely dependent on the digestive system to build and maintain its strength and flexibility. When nourishment is lacking in the blood, the body draws it from the bones and teeth. The skeletal system supports the digestive system by its structure.

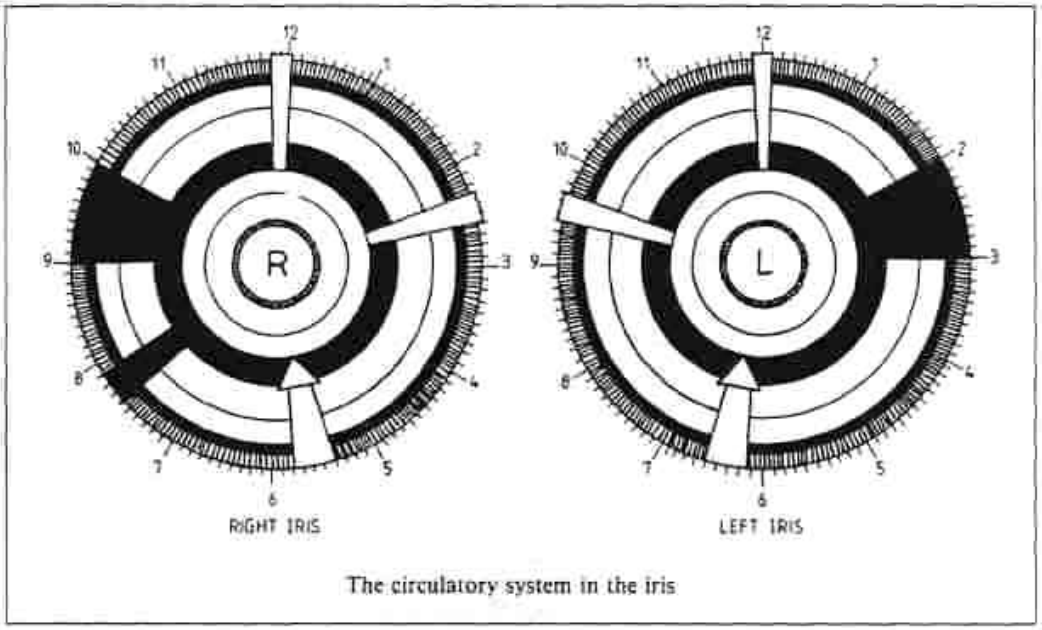
The digestive system and the muscular system

The gastrointestinal tract is one long tube of layered muscles which move in a rhythm called peristalsis. The movement of food down this tube begins with chewing and swallowing. Toxic bowels also reflect on the skin, as the blood throws toxins up as skin troubles. As the skin is also an eliminative channel, holding on to attitudes of not letting go will also reflect as a scurf rim. It is quite common to see the circle of toxic congested bowels together with the circle of a toxic scurf rim.

THE CIRCULATORY SYSTEM

The circulatory and lymphatic system complement each other like night and day, black and white, hot and cool. A strong beating positive heart sends red arterial blood outward (male or yang energy) while the passive spleen is a quiet force, duplicating all the individual functions of its various parts of the lymphatic system.

Lymph is an almost colourless whitish fluid without the strong pathways of arteries, veins or capillaries, more like a sea of fluid in which all the individual cells of our body float. It is a passive, receptive (feminine or yin) energy, moved only by the force of breathing, intestinal pulsations and muscular movements.



The circulatory system in the iris

The two systems complement each other and support the essential body functions of transport of nutrient and purification (the liver purifies the blood), and they both participate in maintenance, balance and defence against internal or external forms of disease. Because they work together so closely and our health is dependent on the function and balance of blood and lymph, it is essential to understand how they do so and how we can bring about better bodily function and equilibrium so that the individual can throw off negativity and disease. The heart and the spleen also work together to distribute the subtle energies and prana throughout the body. From the earliest signs of imbalance we should make efforts to regain equilibrium of function. This section will give an understanding of how the lymphatic and circulatory systems work together for the benefit of the body. Most people understand the circulatory system, but few have an understanding of the lymphatic system. These days when so many people are concerned with obesity, water retention, and cellulite, as well as cholesterol buildup, cancer, heart and circulatory disease, it is worthwhile educating patients on how these systems work together.

It is not enough just to read eyes and see that the sodium ring is inhibiting circulation, or that there is anaemia of the brain, or that the lymphatic system is congested; you also need to understand how each system affects the others, otherwise you cannot treat causes. If the patient is not responding to treatment it is because you have not seen the relationship of one area of trouble to another part of body function. Until the weak or disturbed areas of function are brought up together, the treatment will not be successful. To do this we have to understand how the systems work together and support each other.

Strong circulation and a full blood supply is essential for good health. This can be evaluated by iris diagnosis together with details of history and other forms of analysis. One of the first tasks of treatment is to achieve pure fresh blood to all parts of the body, relieving excess where there is congestion and reaching parts that have been deprived. In order to achieve a clean blood stream, strive for a healthy stomach, a clean well functioning bowel, efficient eliminative channels and an efficient liver. Evaluate all these aspects during the iris analysis.

The acid alkaline levels must also be assessed. When the blood becomes acid, red blood cells die, reducing the oxygen carrying capacity of the blood,

slowing down metabolism and the capacity of the body to carry off wastes. Iron levels in the blood are also important as the iron atoms collect oxygen in the respiratory system.

David Tansley puts it thus in *Subtle Body:*

> 'Blood - the mysterious essence. Blood is the bearer of life. Physiologically it carries a continuous supply of nutrients and oxygen to all parts of the body and removes debris and waste gases and other impurities. According to the Vedic teachings the life-principle anchored in the heart of man is able to blend with the blood and thus carry the life-force of prana to all areas of the organism. Prana is the name given to those energizing forces which flow from the sun. The heart, working in conjunction with the spleen, distributes these solar energies to vitalize the physical form. The Rosicrucian Max Hendel wrote that the soul controls the dense physical body by way of the blood which is its particular vehicle. Empedocles in 480 BC states that 'blood is life', and Goethe had Faust say that man's blood is liquid fire. Steiner spoke of the blood as containing a record of the life of the individual, registering every thought and emotion, life being transmitted from the ethers through breath to the lungs and there making its impress on the blood. All mystics agree with Jacob Boehme that the spirit of God moves in the blood of man, and everyone is familiar with the Christian phrase "saved by the blood of Christ". There are of course many interpretations of this and some recognize that it can mean the reorganization of the energies within the individual as the Christ comes to birth within him.
>
> Buddhist texts outline techniques for determining the nature of another's thoughts through the colour of his or her heart-blood, such cognition is produced by developing the power of clairvoyance in order to see the heart-blood. If a person has happy thoughts then the colour seen is red like the ripe banyan fruit, sad thoughts produce a black colour, and neutral thoughts have a colour of clear sesame oil.'

Of course the hormones secreted by the endocrine crystal sets in response to changes in the universe, environment and emotions flow into the blood stream, thus contributing their messages to the overall picture. Also, acupuncturists tell a great deal about the body and emotions by the pulse readings.

The circulatory system in the iris

Heart

Although western iris charts show the heart area only on the left eye, it also appears in the right iris from 9:30-10:00 o'clock. Whenever strong heart signs appear, also check out the right heart signs. The German iridologists make more precise indications. Josef Deck in the recent translation of his *Principles of Iris Diagnosis* differentiates the left heart and the right heart and that maintains 'insufficiency of the heart is indicated by a constitutional marking at 2:30 and at 3:30 on the left. Marking in the zone of 2:00 o'clock on the iris collarette indicates aortic insufficiency. Small markings in the heart zone indicate defects, resolved quiescent infarcts or toxic damage. Markings between 3 and 4 o'clock in the pulmonary sector are sometimes very prominent especially in

pulmonary congestion with cardiac insufficiency.' It is important to clearly differentiate between pulmonary and heart markings.

The two genotypes, Cardio-renal syndrome and Cardio-abdominal syndrome are significant considerations in relation to constitutional types, according to Josef Deck.

Cardio-renal syndrome is a constitutional inherent weakness where lacunae appear in both heart and kidney zones; treatment of both weak areas must proceed together, and in relation to their particular constitutional type.

Cardio-abdominal syndrome is shown by a heart lacuna or crypt with or without a defect marking, together with a lacuna in the left colon, often in the sigmoid-colon zone about 5 o'clock. The colon affects the cardiac function not only with gas, congestion, but with toxic impregnation. This is a common syndrome where there is dysentery, starvation, oedema of malnutrition, and is a direct reflection on constitutional weakness.

It is important to consider the heart whenever the constitutional type is neurogenic or anxiety tetanic; strong nerve signs will affect the stability of the heart on the emotional level, and where there is physical weakness or toxicity, stress will penetrate and disturb function.

Thiel makes the comment that the nervous heart affects the pupil size showing the means whereby the emotional life as felt in the heart affects the nervous system and the balance of sympathetic and parasympathetic nervous systems, causing a continuous fluctuation which affects pupil dilation and contraction. Acupuncture is valuable here after cleansing and balancing treatment of the tissues, to balance and protect the heart, both physically and emotionally.

When we examine the heart area of the iris, we need to look for inherent weakness, nerve strength, toxic conditions and reflex effects from other organs. If the ANW is pierced by a radii soleris in the heart area, inherent weakness is noted but not necessarily disease. The radii soleris may refer to weak nerve activity here or toxins draining toward the heart. In all kinds of cardiac pathology we find the ANW is involved, which is a definitive means of distinguishing a cardiac problem from bronchial trouble.

The following factors contribute towards heart disease:

1. constitutional weakness (lacunae, defects)
2. toxin overload from the bowel (radii soleris, bowel pockets)
3. lack of exercise and fresh air
4. plaquing of arterial and heart walls (too much fat)
5. emotional stress, love relationships, passions, over excitement
6. weak medulla
7. fermentation in the bowel causing blood and stomach gases
8. excessive physical exertion
9. overindulgence (tea, coffee, alcohol, meat, drugs, tobacco, sex)
10. deficiency of blood salts, which are needed by the heart
11. sunstroke
12. anaemic conditions

13. overstressed liver not able to clean blood properly
14. nerve weakness, insufficiency of chest, brain and cardiac nerve
15. lack of chlorine, iodine, iron, calcium, magnesium, lecithin, vitamin E, phosphorus, nerve fats, salts
16. the more toxic the lymphatic system is, the more toxic the blood stream is
17. inefficient function of skin zone also accounts for a heavier burden of toxins in the lymph and blood

Circulation zone (outside ANW)

This iris area immediately outside the bowel and ANW tells about the condition of blood and lymph after it draws nutrient from the intestines. Here we can see clearly how a toxic bowel affects the quality and purity of blood, when the bowel colours spill over and through the ANW into the first circulation zone. This zone is the interaction field between the digestive process and the circulatory and lymphatic fluids which draw up the nutrient from the chyme in the bowel to move outward for utilization or elimination.

The close relationship of the ANW is integral, as the communicating link of unconscious body function and the emotional life. Here these body systems come together producing the total picture and all affecting the function and quality of each other. Self destructive radii soleris lines break through the ANW from the digestive system, indicating the physical toxic dispersion of bowel wastes at chronic levels, as created by negative attitudes.

Dorothy Hall does not consider the *deep circulation zone* necessary for diagnosis, and interprets congestion close to the ANW as poor or impeded nerve supply to that organ or area.

Lightening of this area signals increases of uric acid in the blood and a tendency to pain, inflammation and the production of mucus. Darkening indicates general circulation and muscle weakness. The spill over of reds, oranges, yellows, browns, etc. from the bowel areas shows the degree to which toxins collecting in the bowel are affecting the blood and are being distributed throughout the body.

Where spill over colours rise upwards from the autonomic nerve wreath into the head areas, particularly when they are yellow, orange or light brown, they are often associated with sinus symptoms.

Disturbances in this zone would represent obstructions to the flow of nutrient, and a diminishing of the quality of the nutrient, so that organs and body areas would therefore become weakened.

German iridologists (e.g. Kriege) consider this zone worthy of accurate mapping.

Circulation & lymphatic zone (inside skin zone)

Blood and lymph moves through the muscular system, into the capillary zone where the circulatory and lymphatic systems interact, the blood being lost from the capillaries and the lymph system collecting it. This zone also represents blood supply to the various organs and areas, and valuable analysis can be made about the organs of transport and

utilization as well as purification of the blood and the elimination of its wastes.

Lymphatic rosary This area can be dominated by a succession of white, yellowish or brownish lymphatic tophi, indicating the condition of thick, sluggish catarrhal encumbrance. Lymphatic types may have this condition from birth. When it is bright white it indicates a hyperactive lymphatic function with resulting colds, allergies, etc. The sluggish, more toxic colours of yellow and brown indicate lack of ability to fight diseases.

Darkening, especially when accompanied by a dark scurf rim, shows that the toxic levels are chronic. The thickness of a dark zone in an infant shows the degree of inherited toxins, many of which will be eliminated when the body throws them off in childhood diseases.

Black spots indicate chronic toxic deposits and a chronic level of lymphatic stasis and degeneration of tissue.

Note all disturbances in this zone, the areas they relate to, and whether the sign is hyper- or hypoactive. Also, examine an area or organ by checking the circulation zone at both the ANW end and the ciliary end, differentiating between the flow of nutrient at the ANW end and the blood supply at the ciliary end. Inhibition of blood flow at the ciliary end causes nutritive deficiency and poor elimination, affecting the quality and integrity of tissue and function. We must not forget the subtle etheric pranic energies which are also contained in blood and which bring life to every cell and tissue. Blood flow is life flow and is essential to every part of the living body.

Reflexive fibres and *transversals* are more common in this area than anywhere else. These swollen fibres reflect blood conditions (especially when pink or red), indicating congestion, irritation and pain. They are actually swellings of these minute blood vessels in the iris. Refer to the section on reflexive fibres.

Remember to visualize that what has been taken into Zone 1 is now being moved through Zone 2 on its way to utilization and elimination. The iris reflects this vital life process.

Sodium ring or *arcus senilis,* also called the *calcium ring* or the hypercholesterol ring, tells us that there is plaquing of the arterial walls. The heart has to work harder to pump the blood around. Therefore, there is lack of circulation in some areas, and imbalances in body chemistry and endocrine function. The colour, depth and width of this sign together with the other aspects of the individual iris reading reveal the complete picture.

What is called *anaemia of the extremities* is shown in the varying stages of the. development of the sodium ring; first a fuzzing over, a greyish cap, which slowly turns to white. This sign may appear in both head and leg/pelvis zones or in just one. The *broom or fringe* pattern added to the *anaemia of the extremities* shows on the physical level that suppression of toxins is penetrating inward together with inhibition of perspiration and skin elimination. Dorothy Hall maintains that this reflects a sensitive nature and tender skin which is easily hurt.

Aorta

Aortic markings occur about 2:30 on the left iris. Interpretation of lesions, radials, reflexive signs, crypts, and colours together with heart and circulatory zone markings will help the iridologist to determine the condition of the tissues and the source of either toxic or inflammatory irritation. It is important to take into consideration an accurate assessment of constitution and muscular tone in these areas and the relationship of the nervous system with its influence through emotions and adrenal response.

Arteries

Sodium ring markings indicate the condition of arterial walls. Assess the balance of the autonomic nervous system, especially in relation to adrenal stimulation, so you can determine the balance of the vasoconstrictors and the vasodilators.

Veins

Examine markings where the major veins drain from the pulmonary and gastric areas, and the liver, spleen, head and lungs. Disturbances in the flow of this drainage would increase toxic congestion in those areas.

Capillaries

These extend and multiply throughout the skin zone, especially in the extremities (head, hands and feet). There is a close relationship between the circulatory and skin zones. Assess the skin tone. Scurf rims indicate that inactive skin is causing a buildup of toxins. Anaemia is revealed by the bluish iris marking, extending over into the sclera. Often dark skin zones accompany congested lymph tophi, or a black skin zone thinly rings the sodium ring, showing that elimination is blocked to a severe degree, affecting the quality of blood.

Holistic anatomy & physiology

It is possible to organize an approach to anatomy and physiology by arranging body organs and functions the following way:

1. Blood-forming organs - stomach, small and large intestines
2. Blood-purifying organs - bronchi and lungs, kidneys, skin, liver, spleen and lymph glands
3. Blood-circulation system - heart, veins, arteries, capillary systems and lymphatic system
4. Blood-utilization systems - organs, bones, tissues (created through nourishment carried by the blood).

The blood flows through seven circuits:

1. Heart
2. Upper extremities
3. Neck and head
4. Thorax
5. Digestive organs, liver
6. Pelvis and lower extremities

7. Kidneys

Treatment of the circulatory and lymphatic systems

Treatment of these two systems proceeds together. Everything that improves the blood improves the lymph. When the blood is stimulated and purified, the lymph system is relieved, functions better, further relieving the function of the blood. Once again we see how the two opposites support each other and bring about a balanced function of the whole system. Whether herbs, exercise, massage, diet or water therapy is applied,

both circulatory and lymphatic systems are brought up together as purification, stimulation and balancing take place.

Before any treatment of the circulatory or lymphatic systems can take place the bowels must be cleansed, the liver (as the blood purifying organ) must be functioning properly, and the eliminative channels must be doing their jobs. If structural problems or injuries cause impediments to function, these must be adjusted and overcome by additional therapies.

Many of the treatments for the circulatory systems are found in the section on the lymphatic system, on pages 222-30. Treatment for one of these two systems is treatment for the other.

Herbal treatment

Alterative herbs are blood and lymphatic purifying or sweetening herbs. While certain herbs are more strongly one or the other, they both influence blood and lymph function.

Specific herbs for the circulatory system are:

1. *Red clover,* a soothing pleasant tasting herb commonly used as an herbal tea (beneficial for weak children and skin diseases) or as an excellent part of a combined formula.
2. *Burdock:* this herb relieves the skin when impure blood causes boils, psoriasis, etc. also aiding kidneys and balancing fluids.
3. *Chaparral:* potent anti-cancer purifier also aiding urinary system.
4. *Oregon grape root:* blood purifier and liver stimulant which improves digestion and absorption, thereby increasing strength and vitality for healing.
5. *Capsicum:* antiseptic, stimulant, equalizes circulation, warming.

You can also use the following formulae from Appendix I: blood purifying formula, blood circulation formula, bowel formula, and liver/gall bladder formula.

Dietary treatment

Causes in the diet must be altered if any permanent improvement is to be maintained. While iris signs may show up in the circulatory and lymphatic zones as a sodium/calcium hypercholesterol ring this can be associated with a variety of causes and symptoms.

The circulatory system is inhibited in its function by excesses of fats, salt, cholesterol and by imbalances in sodium and calcium. Plaquing of the arterial walls is a chronic condition.

Holistic relationships: interaction with other systems

The circulatory system and the muscular system

Kriege writes, 'The state of the muscular system is shown in the iris by the appearance of the lacunae. If the lacunae appear inside the ANW, then the state of the muscle layers of stomach and intestines is indicated. When small lacunae are observed outside the rim of the iris wreath, then a lability of the circulation is indicated. When the lacunae extend to the

muscle zones, then the muscle fibres of the organs indicated by the particular areas involved are weakened through defective blood supply. If the lacunae extend fully to the iris margin, then it indicates that even the bones and mucous membranes suffer from nutritional disturbances'. This shows clearly how muscular weakness inhibits sufficient supply of nutrition, further weakening that area.

The circulatory system feeds the muscular system. Nutrient is distributed via the blood stream. The level of toxins in the blood affects the condition and function of the skin. Whenever there are injuries in the tissues, extra blood, carrying extra nutrient for healing, is drawn to the area, often producing swelling and pain. If direct feeding by the use of poultices is given to the area, the tissues can heal without depriving other areas of the body. This also happens when infants are teething. If sufficient calcium is available in the normal blood supply there is no need to pull it from other areas, causing irritability and other problems.

The elasticity of the arterial walls influences an increase in blood pressure. If their stretch cannot accommodate so much blood after systole, there is not enough recoil after diastole.

The circulatory system and the digestive system

The circulatory system draws up nutrient from the chyme as it moves through the intestines. How effectively this process works depends on whether the walls of the colon are clean. Fluids from toxic areas of the bowel transport toxins as well as nutrient, creating the foundation for disease. Also, poor circulation or anaemic conditions would impede the flow of nutrient and the cleansing of tissues.

The circulatory system and the nervous system

The amount of oxygen available to the blood via the respiratory system is partly controlled by the medulla. Impeded nerve supply to the heart would diminish proper circulatory function. The nervous system guides and monitors circulatory activity.

Conversely anaemia, or lack of blood supply to the brain areas, affects the function of the nervous system. When the sodium ring or arcus senilis render brain functions slow and ineffective, it is easy to see how one closely affects the other.

Adequate circulation and nutrition during foetal life greatly influences brain development. Dr Jensen makes the point that every conscious experience affects the ANW and the glandular system, resulting in changes in organs, body tissue and circulation of blood. Brain centres affect the state of tension or relaxation, thus affecting blood flow. Pressure of excess fluids on nerves causes pain.

Parasympathetic impulses to the heart pacemaker restrain its action and decrease its excitability. Sympathetic impulses accelerate the action of the heart and increase its excitability. These are opposite effects and both parasympathetic and sympathetic nervous systems are constantly sending messages to balance body responses and needs. Refer to the effects of adrenaline in the circulatory system and the endocrine system — most of these effects can be produced by stimulating sympathetic nerve fibres. The sympathetic dominance of heart activity is felt strongly during times of stress, exercise, excessive heat, etc. When at rest parasympathetic dominance is experienced.

The circulatory system and the urinary system

The more toxic the blood is, the greater the burden on the kidneys to purify the blood. About 25 per cent of left ventricle output of blood is distributed to kidneys for filtration in each cardiac cycle. Urine formation begins with filtration of the blood, and is completed by reabsorption of essential materials back to the blood stream and by secretion and synthesis of other wastes. These systems are intricately connected and affect each other closely.

The circulatory system and the reproductive system

The reproductive system is controlled by hormones which are secreted into the blood by the endocrine glands and then carried to the various parts of the body. The penis fills with blood during erection. During the menstrual cycle, the endometrium grows, filling with blood and mucus which is shed because of constriction of blood vessels in response to hormone directions. Each stage of the menstrual cycle is governed by hormones released into the blood stream.

During pregnancy, after fertilization, the embryo invades the endometrium where chorionic villi from the embryo invade the mother's blood vessels which interlock with mother's tissues and blood, forming what is eventually known as the placenta. Here in the placenta, the chorionic villi dip into maternal blood, allowing diffusion and interchange of materials between the mother and the foetus, but no direct connection. The placenta also secretes hormones into the mother's blood stream which influence the uterus to maintain the full term of pregnancy. Constituents of mother's milk are also derived from blood flowing through the mammary glands.

The circulatory system and the endocrine system

Hormones pass into the blood stream for general circulation and are taken to the part of the body which picks up the messages and acts upon them in body processes of metabolism, growth, inner stability, resistance to stress and reproductive cycles. Each gland has its arterial and venous blood supply. The amounts of thyroid hormones affect the heart, respiration and blood pressure. The parathyroids affect the blood calcium levels.

Adrenal hormones affect blood sugar levels, and the lack of oxygen in the blood stream has a direct effect on the adrenal medulla. When adrenaline stimulates the sympathetic nervous system to prepare the body

for reactions to stress, this results in general vasoconstriction (except of coronaries) and a rise in blood pressure. This stimulation also excites cardiac muscle and its rate and force of contraction, cardiac output and dilating coronaries. A better supply of air to alvioli stimulates respiration, causing the release of carbon dioxide (CO_2) from the blood and an increased supply of oxygen. Through the mobilization of muscle and liver glycogen there is an increase in blood sugar, and an increase in the coagulability of the blood.

The osmotic blood pressure affecting the hypothalamus influences the rate of secretion and release of antidiuretic hormone, which migrates along nerve fibres for storage in the posterior pituitary. One of the main effects of these hormone secretions is a constriction of smooth muscle of the blood vessels and a raising of arterial blood pressure.

Aldorsterone secretions from the posterior pituitary stimulate hormones which help the blood volume return to normal after loss of blood or body fluids. Secretions from the islets of Langerhans in the pancreas affect fat deposits in blood vessels and levels of blood sugar in the blood.

The circulatory system and the respiratory system

As blood circulates through the lungs each haemoglobin molecule collects four oxygen molecules, forming oxyhaemoglobin, which is necessary for the body's metabolic processes. When the iris shows a blue anaemia ring this indicates a lack of oxygen and iron together with poor circulation.

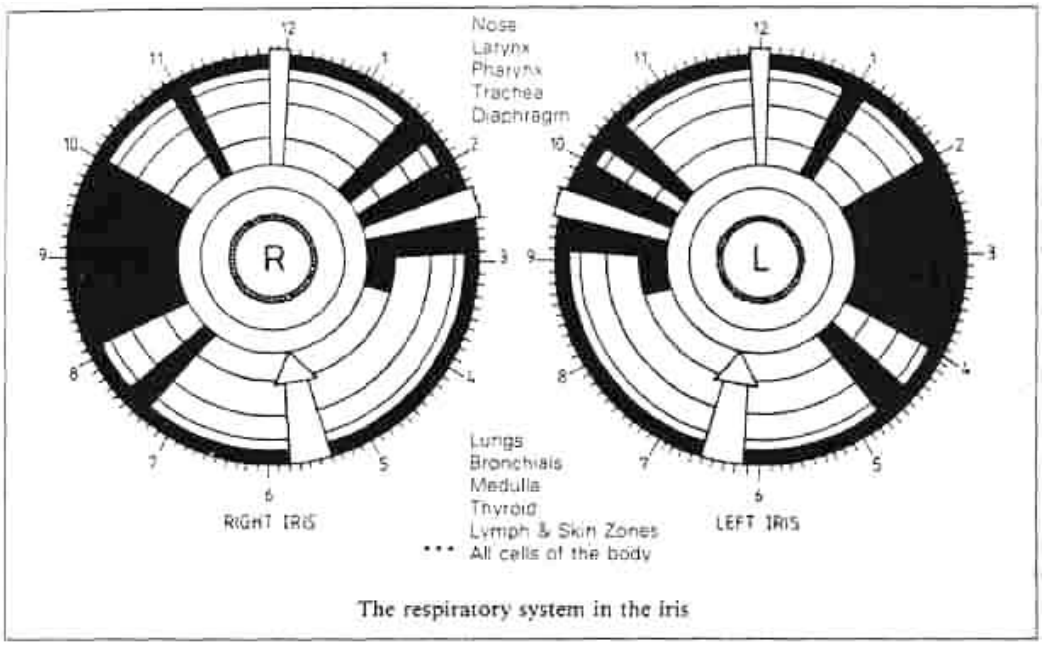
Proper and deep breathing combined with exercise is essential for a good healthy blood supply. The more active the respiratory system is in oxygenation and elimination of carbon dioxide, the better the quality of the blood. The right atrium of the heart receives the venous blood returning from body tissues with its diminished oxygen supply and increased CO_2, and passes it into the right ventricle which pumps it around the lungs. Here it releases CO_2 and gathers its fresh supply of oxygen. Then the left atrium receives this revitalized blood and passes it to the left ventricle which pumps it around the body to supply oxygen and collect CO_2. Red blood corpuscles carry the oxygen and CO_2.

The circulatory system and the skeletal system

The bone marrow plays an integral role in the manufacture of the formed elements in the blood stream, which develop from primitive reticular cells chiefly in the red bone marrow. While the skeletal system is the end product of nutrition as are body tissues, they also return the cycle, so to speak, by being involved in the creation of new blood. Once again we see in the body how each cycle is balanced and the flow of energy out is returned. Bone is richly supplied with blood vessels.

THE RESPIRATORY SYSTEM

How we breathe is how we live. Without breath we do not live. The quality and balance of breath determines the purity of our blood and the equilibrium of our nervous system.



The respiratory system in the Iris

Types of respiration

The body has four different types of respiration.

1. External respiration (breathing).
2. Internal respiration (cellular).
3. Primary respiration (cerebrospinal fluid).
4. Skin respiration.

1. External respiration

When we come into this world we take the first breath of life, and just before we leave it we take our last breath. Our life, every minute, waking or sleeping, is a continuous breathing process. This can be conscious when we put our attention to our breathing rhythms. On the physical level the rate and control of respiration is governed by the respiratory centre in the medulla oblongata. These signals affect the intercostal muscles, causing rhythmical contraction of the diaphragm and the muscles.

It is also important to mention that we have a basic pulsing rhythm, part of the mysterious beat of life, perhaps coming from our higher brain impulses. This pulsing rhythm changes according to our age and consciousness and affects our breathing patterns. When we meditate, or relax and attune to higher centres, our breathing patterns change. When we react to fear or live in stress our breathing pattern is also affected. Yogis gained high levels of consciousness and the powers to perform miracles by governing the breath.

A great living master of this century, Maharaj Sawan Singh Ji, describes the human body thus:

> 'How skillfully the five elements, earth, water, fire, air and ether, antagonistic to each other in their nature, have mixed together to form

> the human body. Earth is eaten up by water, water is dried up by fire, fire is consumed by air and air is swallowed up by ether. But how skillfully these five enemies of each other unite in a love embrace to run the body! Does our body move by itself? This body, after death, lies on the ground in the same condition as before, but that which causes motion in it has gone out. What is it that moves it? The pranas, the vital air, you say. Who moves the pranas? The mind. Who enlivens the mind? The soul. Exactly, but the soul receives light and life from that Power-House of Energy, whose secret Hand works all the machines, but is invisible except to the very rare seers, who know the secret. There is no motion or movement in the world without a mover. All movements start from Him.'

This mysterious invisible part of life we cannot see with our outer eyes. We only observe the changes in the physical side. We see a child come from the mother and begin breathing when it starts its individual life. When that life ends it is accompanied by the cessation of breathing, which has been with that person for their entire life. While we are alive, we breathe, and the quality and rhythm of our breath determines the quality of our life.

The alkaline balance must be maintained in the blood. Excesses of acid carbon dioxide stimulate the respiratory centre to quicken breathing so that purification will take place at a quicker rate. Exercises, vigorous work, emotions and extreme changes in temperature will cause sudden deep inspiration. Full and complete breathing is essential to the maintenance of a pure blood stream and the oxygenation and purification of body tissues.

Even though breathing is an automatic process most of the time, we should do all we can to ensure that quality of breathing takes place. We can form habits where we check our breathing at various times during the day. Soon it becomes a part of our living pattern so that our breathing comes into our consciousness on a regular basis. Exercise, singing, deep breathing and regular conscious breathing will all play their part in healing the body. Although one could say that all parts of the body are equal and interdependent, there are two functions which are primary and essential to stimulate the healing process. These are the cleansing of the bowel and restoration of normal breathing. These two together will affect the balance and quality of blood and help return the body to normal as quickly as possible.

It is an interesting observation that in the West when we exclaim with an OH or an AH we do this in an out breath. In the East it is the opposite, exclamations are made on the in breath. This is another indication of the yin and yan and opposites of the east and west, in such a universal process as breathing.

Sound is closely connected with breathing. We harness the energy created by breathing so that we can create sound. The quality and strength of vocal expression is intimately connected with how we breathe and where we breathe from. A rich resonant voice comes from someone who breathes fully. Singers and athletes reach high levels of lung development and breath control as they exercise and train for their performances and competitions.

2. Internal respiration

Cellular breathing continues the fundamental process of oxygen dispersion and the elimination of the waste products of oxidation. The inhalation of air and pranas makes possible cellular metabolism when it combines with carbon and hydrogen, and carbon dioxide and water are eliminated. The functions of the circulatory and respiratory systems coordinate here as the blood circulating through the lungs becomes saturated with oxygen and carries it through the body. The tissue cells absorb the oxygen from the blood, exchanging their wastes to be carried back to the lungs via the blood stream.

The success of internal respiration depends on the exposure of blood to all cell surfaces. Therefore, wherever circulation is inhibited, cells are deprived and the cellular respiration is diminished, both in terms of oxygen dispersion and the elimination of wastes. Whenever this happens a stagnant condition develops.

A primary goal of treatment is to equalize circulation and carry it to all parts of the body, both in terms of nutrient distribution from food, and oxygen dispersion from respiration. Here balanced function of holistic relationships is essential for good health.

When disease develops, cell respiration slows down. Medical researchers such as Heinrich Jung and P. Seeger have confirmed that degenerative diseases arise from disturbances in cellular respiration, resulting in less energy and serious disturbances in metabolism. Leslie Kenton in her book *Raw Energy* draws our attention to research proving that a raw diet increases the vitality of the whole organism by restoring normal cell respiration and functions which provide immunity against disease.

> 'Over quite a short time, an all-raw or nearly all-raw diet does several things. It eliminates accumulated wastes and toxins and restores optimal sodium/potassium and acid/alkaline balance. It supplies and/or restores the level of nutrients essential for optimal cell function. It increases the efficiency with which cells take up oxygen, necessary for the release of energy with which to carry out their multivarious activities. With all these desirable and interactive functions to their credit it is hardly surprising that raw foods have proved effective against cancer.'

3. Primary breathing

Primary breathing is a pulsation coming from the lateral ventricle of the brain around the hypothalamus, stimulating the movement of cerebrospinal fluid (CSF) in cycles of 8-14 seconds down the spine between the meninges to the sacrum. It is essential to have a soft supple movement which is not inhibited by locked muscles. It has been discovered recently that retarded children have locked sacrums which inhibit this essential flow of fluid to and from the brain to its polar opposite, the sacrum.

There are three diaphragms, which work together to achieve the proper flow of CSF. These are:

1. the occiput, just under the back of the skull

2. the perineal muscles at the floor of the pelvis
3. the diaphragm, the neutral centre in the middle

Body work and exercise will free the muscles and allow full expression of primary breathing. It is significant to notice holistic relationships here as the parasympathetic nervous system sends its nerves both to the top and the bottom of the spine. The PSNS focus of relaxation, rest and receptivity encourages full movement to primary breathing, so easily inhibited by tension and locked muscles.

Consider also the pulsing rhythm from the higher centres which will also affect the rate, rhythm and quality of primary breathing.

Primary breathing bathes the brain in CSF and sends it pulsing downward to the opposite pole, the sacrum, creating a field of energy like a magnet. In the past it was thought that the fluid was contained within its own system, but evidence has been found recently that there is seepage at the sacrum pole into the body system.

Pulsing as it does from the higher brain centres to the opposite pole of the central nervous system one can visualize this process as similar to a magnet. Both the top of the spine and the base of the spine send out pulsing radiations of fluid and are connected via the spinal cord. The brain pulsations send the fluid downward and sacral movements send it back. The ebb and flow of this pulsing creates a communicating link between the two poles.

Cranial osteopaths tune into the dynamic process of the curling and uncurling of the central nervous system and the spine. Treatments will help to restore normal functions. The rhythm pulses at 12-14 times per minute. Due to this primary respiration tissues are always in dynamic motion. There is never true stillness in the body. Lung breathing and primary respiration, together with the heart beat and digestion, keeps the body in perpetual motion.

CSF is a clear, colourless fluid with a pH of about 7.4. There are not more than 5 lymphocytes per cubic ml. CSF contains very little protein, but has a high chloride content. It is formed by the choroid plexuses from blood plasma both by secretion and by ultrafiltration at a rate of 0.3 ml per minute, or 430 ml per 24 hours. The whole of the CSF is exchanged every 6-8 hours. It maintains a constant composition, differing from plasma or plasma filtrate, and the pressure remains constant. Production must be balanced by an equal reabsorption of fluid into the venous blood stream via the arachnoid villi, which project into venous sinuses, or by diffusion where the interstitial fluid of brain tissue is added to CSF. It is also reabsorbed into the venous system along the roots of spinal nerves into spinal veins, though the choroids plexuses themselves, and by the reabsorption into the blood stream favoured by the colloid osmatic pressure of plasma protein, since CSF contains very little protein. Some CSF also escapes into the lymph system, although there is no lymph in the CSF itself.

The CSF acts as a cushion between soft and delicate brain substance and the rigid cranium. It supports the weight of the brain and distributes the force of any blows to the head. Constant adjustments take place to maintain equilibrium. It probably also has metabolic functions, but these

are not yet clearly known. One suggestion is that it takes the place of absent lymphatics. It obviously also acts as a communicating fluid between the two ends of the central nervous systems.

It is also important to note that there is a selective blood brain barrier so that most substances cannot pass into the CSF. However this barrier does not exist at birth, and takes about a week to develop. Water passes freely into the CSF.

Movement of the CSF is influenced by arterial pulsations, respiration, changes in venous pressure together with pulsing rhythms from one's higher centres, and blockages creating lack of response and movements on the physical tissue level.

4. Skin respiration

Our skin is more than just a body wrapping. It is the largest organ of our body, and good health depends on the skin performing its two-fold duties of respiration and excretion. If it is not performing these duties, the kidneys, liver and lymph have to compensate.

Skin inactivity is due to several causes or a combination of them, from poor and irregular bathing habits, to wearing of synthetic fabrics and lack of exercise. Inactivity of the skin is one of the main causes of all skin diseases, combined with poor eating habits. Any person who wishes to cure any physical problem, or enjoy an excellent standard of health, must apply therapeutic means to re-establish normal skin function.

Our skin is an organ of respiration and excretion. It absorbs oxygen (and water) and exhales poisonous gases. The skin also absorbs whatever lotions, creams or oils we put on the body. The rule should be that we should never use anything on the skin that we would not eat, as the body must assimilate, metabolize and eliminate such lotions as it would any food. Mineral oil cannot be absorbed and clogs the pores. Pure vegetable oils or natural organic creams would not only be readily absorbed by the body, but would also contribute to positive improvement by feeding the skin and providing the necessary moisture and nourishment for suppleness and tone.

The skin has millions of pores from which a constant stream of poisons should flow. If these pores are blocked, the poisons collect and are held in the skin and lymph, or try to return to the liver, thus forcing extra work on an active major organ. Bathing and brushing the skin is important so that dead dry skin is shed, allowing fresh skin to breathe and eliminate without inhibition. Hot and cold alternating temperatures

in bathing, showering, saunas and packs, etc. give exercise to the skin, and increase and equalize the circulation, so that each part of the body receives its equal share of life-giving blood. The cold water contracts blood vessels and lessens the amount of blood, and the hot water draws the blood back, thus stimulating the blood, giving relief to the organs under the skin, as it breaks up any congestion.

Good bathing and cleansing habits are essential for good health. We have heard many times that 'Cleanliness is next to Godliness'. Prophets have guided their followers to be scrupulously clean. Plants appear fresher and brighter, refreshed after a shower, and birds and animals do not neglect their daily bath. Similarly, for us, a daily bath is ideal, and should

not be less than three times a week. The pores open during baths and toxins are eliminated.

The skin also regulates the body temperature. Usually it is non-conducting and dense, preventing the escape of body heat, but in fevers and heat, the skin sweats and lets heat escape. Drinks of water and bathing the body with cool cloths, will aid this process. When water surrounds the body it influences the nervous system through the skin, as the skin is also the organ of touch, closely connected with all the great nerve centres. Openings into the body are also lined with mucous membranes which resemble the skin in structure. These membranes also secrete and excrete. The skin also helps us by storing large quantities of water and salts, resisting the invasion of germs, and absorbing gases and fatty substances. It is richly supplied with blood vessels. The sebaceous glands secrete a greasy substance which keeps the skin supple.

The respiratory system in the iris

Radials

It is interesting to see that the nose/jaw radial is opposite the diaphragm area on the iris chart. Here reflexes link sneezing and coughing, which clears the head and nose. Do we breathe through our nose or mouth? Look in these areas for disturbances in colour, weak connective tissue, and nerve rings which will contribute to evaluation.

The lung throat radial reveals the close connection of the passages of inhalation and exhalation through the throat, as breath moves from the throat via the bronchials into the lungs.

The medulla to sacrum radials reveal the connection between the two ends of the central nervous system, the parasympathetic nervous system and primary breathing. Here the law 'as above so below', applies. Posture of the skeletal frame and strength and quality of the muscles affect the position of the spine. Mental disease and retardation is associated with a frozen sacrum, which affects the flow of CSF.

Inherent weaknesses

An inherent weakness in the medulla would indicate weak governing function to the respiratory system. Lacunae in the lung areas would suggest weak connective tissue together with lack of nutrient and inefficient eliminative processes in lung and bronchial tissue. It is important to evaluate the level of tissue in these areas and determine whether acute to chronic processes are taking place. I have seen many cases of inherent weakness in the lung areas, when they suffered severe whooping cough during childhood. We do not know whether the weakness was there before the whooping cough or whether it came as a result of severe prolonged coughing. It would be valuable research to be able to take case histories before and after whooping cough. Large lacunae in medial and/or lateral areas of one or both irides also relate to the psychological life as the TB miasm (Hall) or heart/nurturing issues (Johnson).

B3 bulge and scurf rim

The common bulging out of watery grey colour from the lung areas into the sclera, at 3 and 9 o'clock on one or both eyes, indicates (according to Dorothy Hall) a lack of B3 in the digestive process. Niacin affects both circulation and assimilation of nutrient. According to turn of the century pioneer iridologists this also indicates suppression of illness together with a high level of inherited toxins. As I have found this mark to clear up during purification and regeneration treatment, as circulation and body processes normalize, I imagine this to reflect the collection of fluids and toxins together with sluggish and inactive skin, circulation and lymph functions. Thick scurf rims indicate toxins collected in the lung areas.

Acute to chronic colours

As the respiratory system is an eliminative channel one or more of its parts may experience exudative release of acute elimination during disease or healing crises. Whenever reflexive fibres register large and swollen, especially when accompanied by lymphatic tophi, one can assume inflammatory conditions are taking place or are about to take place.

When dark colours indicate hypofunction of any of these areas, one has to evaluate the function of the entire body and begin treatment with weakest systems and organs and eliminative channels.

Always pay special attention to any signs which might indicate that there may be an elimination from the lungs at some stage. It is wise to prepare the person for this eventuality so that the patient will not think it is an ordinary flu and suppress it with aspirins or antibiotics. I always tell my patients to ring me if they get a flu or cold during treatment for support and guidance.

Treatment of the respiratory system — the eliminative channels

As the lungs are in the *heart centre,* negative emotions, fear, selfishness, inability to give or love, possessiveness, etc. will cause restriction of the muscles, affect breathing and inhibit the function of the thymus. Lobelia packs, osteopathy, meditation, counselling, body work and Bach flower remedies will all contribute to the release of these life patterns.

Collapsed shoulders (as a reflection of over-concern, fear, excess feelings of responsibility and protectiveness) will also inhibit full breathing potential. Alexander technique is excellent to restore proper posture and give the skills to maintain posture during daily life. Bach remedies will help to restore positive expression of life attitudes.

Solar plexus tensions will inhibit diaphragmatic movements which contribute to full and deep breathing. Shock will freeze the diaphragm, and as it is the valve between the emotional brain and the expression centres, any repression of emotions will cause tensing and hardening of the diaphragm. Body work, bowel cleansing, nourishing of the nervous system, emotional counselling and Bach flower remedies will help to

soften and release the diaphragm. The castor oil pack is also excellent to soften and relax the area.

Treatment for asthma Although this is a complex chronic condition and requires individual assessment and treatment of basic weakness and the eliminative channels, we have found that the following treatment (once balanced normal functions of the above are restored) to be excellent. We have had cases where the patient has been on several drugs and inhalants and has been able to completely stop the drugs and live a normal life. The general treatment is: asthma tea, respiratory formula, lobelia tincture for spasms, lobelia poultices, mullein and lobelia smoking mix and the antibiotic herbal formulae. It is not possible to apply the above treatment except within the framework of an individual assessment.

Herbal replacements for cortisone are possible with the regular intake of wild yam root and licorice over a period of weeks together with gradual decreases in the drugs. Eventually the patient will be able to come off the drug altogether, but it is only the patient who can monitor the treatment. The practitioner can never suggest this. It must of course take place within the framework of a complete individual treatment programme.

Breathing exercise This exercise builds up the medulla and improve the quality of breathing. Take in strong, quick inhalations until the lungs are full, then tense the fists, feeling the lungs expand, then release the tension slowly. After taking about four normal breaths repeat the same exercise.

The diaphragm is a unique muscle which like breathing, continues its movements all through each person's life. It is that which brings what is up, down, and what is down, up. The power or weakness of the diaphragm influences the quality of blood, because it draws air into the lungs, and stagnant blood up from the lower limbs into the pelvis.

Holistic relationships: interaction with other systems

Respiratory system and the lymphatic system

The lymphatic endocrine gland sits between the two lungs in the heart centre offering its protective influence. The entire respiratory system is richly endowed with lymphatics. The more effective the respiratory

system is in cleansing the blood and oxygenating the system, the more it aids the lymph to do its job of purification. As they are both eliminative channels, the function of one closely affects the function of the other. They support each other closely. When lymphatic tophi show in the respiratory system, this indicates that catarrh has collected and a sluggish system is inhibiting normal functions. Whenever adenoids are congested they inhibit breathing processes.

Respiratory system and the endocrine system

The thymus gland rests between the two lungs. The thyroids and parathyroids sit on either side of the neck, governing the rate of metabolism and the balance of calcium in the blood. Thyroid would also affect respiratory processes because of its effect on metabolic rate. It is not hard to imagine that the movement of air throughout the throat must affect the function of these glands, as would the sounds of the voice.

Respiratory system and the reproductive system

The mother's respiratory system maintains functions for the baby while it is in the womb. The exchanges of blood taking place in the placenta provides the foetus with all its requirements. Obviously the quality of the mother's respiration processes directly affects those of the foetus.

Respiratory system and the urinary system

Both eliminative channels work together to purify and balance the blood. If the respiratory system is not functioning adequately the kidneys take on a greater burden, and vice versa.

Respiratory system and the muscular system

One strong lifetime muscle, the diaphragm, is a constant part of the constantly dynamic external respiration, as are the lungs themselves. Also the respiratory system carries the oxygen to all the tissues and the cells of the muscular system to participate in internal respiration.

Respiratory system and the skeletal system

It is very important that the skeletal system supports the lungs so that they can function properly. Incorrect posture where the shoulders move forward and down will inhibit breathing because the lungs cannot expand fully. The medulla can also be restricted and weakened by improper placement of the skull and position of the cervical vertebrae. Accidents and birth injuries to the spine can both affect medulla and lung function.

Respiratory system and the nervous system

The medulla brain and nerve centre controls the activity of the chest and all its functions. Breathing stops when the nervous system is cut off from the medulla. A weak medulla means weak lungs, because it is the chest brain governing all parts of the respiratory system.

In the nervous system we also have to consider that the sympathetic nervous system dilates the lungs and bronchi and the parasympathetic nervous system constricts them. When we need more energy and a quick response, we need more oxygen and a quicker breathing rate.

Respiratory system and the digestive system

Nutrition affects the lungs. Mucus foods cause catarrh to collect, which provides a feeding ground for viruses and the development of inflammation and infection. Adequate nutrition is also essential for keeping the medulla in optimum function. The digestive system and the respiratory system both share the same mouth and throat passages. The respiratory system provides the oxygen which is necessary for cellular metabolism. Constipation and tense spastic muscles in the digestive system may affect the function of the diaphragm, causing it to become rigid or hindered in its movements, thus affecting breathing quality. The production of gases in the digestive system may also cause blockages in the tissues, affecting proper respiration. It is also necessary to drink enough so that water is available for the elimination of wastes via the respiratory system.

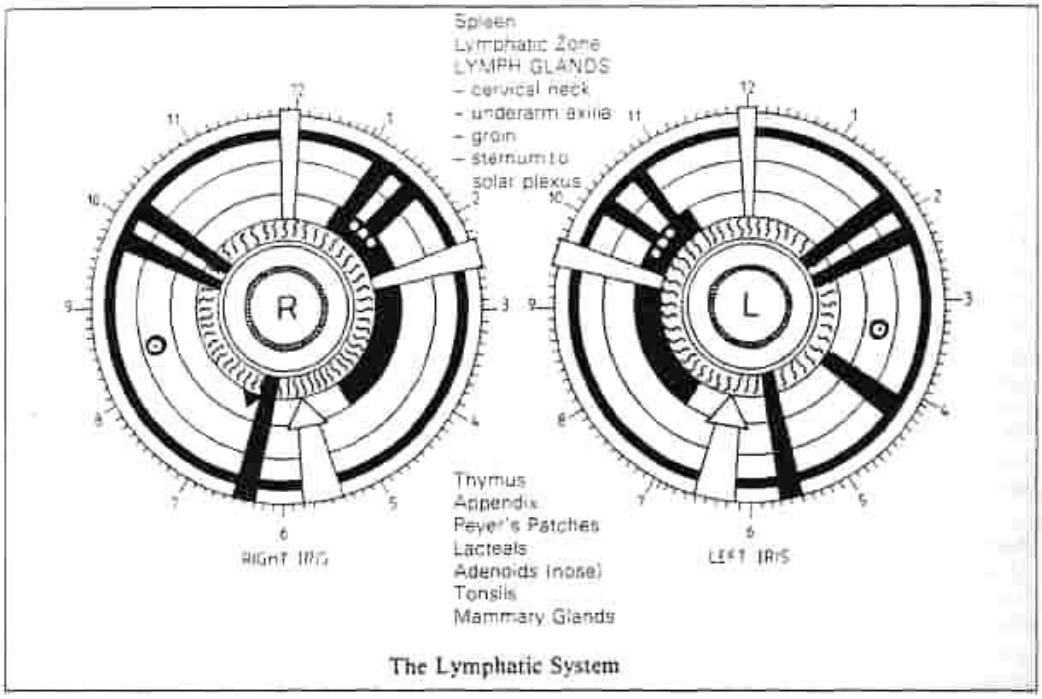
Respiratory system and the circulatory system

These two systems are closely intertwined. The drawing together of air from the outside to meet blood from the inside so that oxygen can be absorbed and transported throughout the body, and the subsequent return of wastes for the exchange of fresh oxygen, shows that communication and harmony of both systems is essential to health and well-being. The heart and lungs are both governed by the medulla, again a coordinating factor in their close relationship. When the medulla is cut off the heart stops and the lungs cease breathing.

THE LYMPHATIC SYSTEM

Each cell of the body floats in a sea of clear fluid, each cell like an island surrounded by tides of movement and pressure. Like the weather, the fluid changes direction, quality and viscosity. Wherever movement of the fluid is inhibited by tension, excess collects the fluid causing insufficiency in another, resulting in congestion. Fluid is denied access to these islands of tension, inhibiting the flow of life. Visualization helps one to gain an understanding of this invisible mysterious body system, the lymphatic system.

For many years if you asked anyone what the lymphatic system is they would never know. Some might reply, lymph glands, others with more knowledge, the immune system, yet this system has many different parts and functions absolutely indispensible for our health and well-being. Perhaps it is a good thing that we have been forced to learn about this system because of the spread of auto-immune diseases as it is the key to our survival in this toxic age.



The Lymphatic System

How the lymphatic system works

The lymphatic system, with all its many and varied parts, provides many different functions, all essential to our health and well-being. Perhaps one of the most important functions is that it acts as a drainage system for all the body tissues of the byproducts of metabolism and waste materials. That is why it is so important that the lymph flows equally through all the tissues. Once it is denied access, wastes collect and auto-intoxication begins. As it moves about the body the lymph also carries nourishment and hormones. A collector of spent blood flow that seeps from the capillaries, the lymph purifies itself and returns to the blood from the main lymph channels near the heart. At least half of the blood protein lost in the circulation is retrieved and restored by the lymphatic system as a part of this process.

Many of the functions centre around its role as a warning and defence system. The most important warning devices are the appendix, tonsils, peyer's patches in the small intestines and the adenoids. The removal of these warning devices when they become infected leaves the body defenceless before the increase of auto-intoxication. The cause of the infection needs to be removed, not the warning device itself. The lymph nodes filter the lymph fluids and remove dangerous impurities, such as dyes, chemicals, old red blood cells and debris-laden white cells. They also manufacture antibodies to fight infection, and in the lung area the lymph nodes filter out soot from the air.

It is very interesting how the main lymph areas centre around the neck, the arms and the top of the arms and legs, where we have most movement in the body to aid lymph flow. Once the fluid is purified by the lymph nodes it joins the main lymph channels and is then returned to the blood and body as required. Every part of the body, except the central nervous system, has its own lymph system to keep the tissues clean and to protect the area from invasion, whether by toxic materials or viruses.

The lymph system also has an important function in the intestines, where the lacteals absorb fats, and then lets them seep slowly into the blood stream in safe amounts.

Anything that we bathe in or put on our skin is absorbed quickly and directly into the lymphatic system. If we use chemical cosmetics, lotions, bath oils, cleaners, etc, the lymphatic system must work to purify and eliminate them. It is important to realize this so that we choose wisely and follow the rule that we would not put anything on our body that we would not eat. This helps to explain the effectiveness of treatments such as aromatherapy, poultices, baths and fomentations, and to appreciate the stories where we hear that people are kept alive by soaking them in special baths and rubbing oils on their body.

The work of the lymphatic drainage system is tireless. It is working constantly to reduce excess catarrh, mucus secretions and waste. In this capacity it acts as a channel of elimination. When the lymphatic system is not functioning properly due to high levels of toxicity and a sluggish metabolism, or a long period of sedentary or bedridden illness, other eliminative channels have to work harder to compensate, such as the kidneys or the skin, and vice-versa. The five eliminative channels work in

ecological concert, the function of one affecting the function of the others, and each one helping to compensate for lack of function in any of the others. Any assessment of the lymphatic system must be made in relation to the function of the other eliminative channels. The function of the lymph is particularly close to that of the kidneys in that they retrieve and eliminate toxins.

What does the lymphatic system contain?

The lymphatic system contains approximately two gallons of white, colourless, clear interstitial tissue fluids, twice to three times more than the volume of blood. This is a slightly alkaline fluid which is kept in balance by the normal production of HC1 in the stomach. When it goes out of balance, normal salts are excreted in perspiration, air, urine and faeces and the body becomes deficient, eventually resulting in acidosis or alkalosis. This helps us to understand why auto-urine therapy is so effective in chronic disease. The lost salts are returned and the body is helped to return to balance. Another result of any imbalanced constituency of the lymph fluids is that calcium is deposited in the joints. Lymphatic constitutions have a predisposition to arthritis and rheumatism.

How does the lymph move?

Every movement in our body stimulates the lymph. The pulsations of our intestines during the process of digestion, breathing, eating, as well as the more obvious muscular movements all help to move the lymph fluid forward along their tiny pearl like strands, each one a valve so that once the lymph is moved forward, it cannot move back, until it reaches the main lymph channels where it is returned to the blood, purified and sterile. The pressure behind the valves forces the lymph forward and upward through the nodes to the main channels. Rebounding, aerobics and running stimulate lymphatic movement. The lymph nodes act like thousands of tiny hearts, pumping lymph up from the extremities towards the neck where it enters the venous circulation. These spontaneous pumping contractions are a result of the stretching caused by the buildup of lymph - a process called frequency stabilization. Movement is life and the movement of lymph results in quality of life, another reason to make sure that exercise is an important part of your **life.**

Blockages in the lymphatic system

Blockages which inhibit the flow of lymph and their essential bodily processes are caused in several different ways:

1. ***Mechanical blockages*** result after physical strain, long periods of inactivity, childbirth difficulties, structural problems and vocational posture. Continued blockage begins the process of degeneration which sets the foundation for illness.
2. ***Infectious diseases*** cause blockages which must be cleared so that the person can completely recover from the illness and not set the stage for chronic disease.

3. ***Serious injuries*** such as burns, exposure to extreme hot or cold weather, accidents and broken bones can cause inflammation and eventually lasting malfunction to lymph glands.
4. ***Abrasions and small injuries*** need healing in local areas which require lymphatic participation. The areas furthest away from vaso-motor distribution and activity can be deficient if the body is not working at optimum efficiency. The longer the healing takes to accomplish, the more the body is disturbed and affected.

It is important to remember that blockages in one area can cause symptoms in other remote areas. It is essential to keep the main terminals clear in the neck, under the arms and in the groin, otherwise colds and flus result as the body attempts to clear them by manifesting acute elimination. Exercise is important as well as drinking sufficient fluids.

When the blockages become chronic, lymph stasis, the precursor of cancer, manifests. This congestion is a significant factor in obesity, oedema, anaemia, angina and many other chronic conditions. As the congestion increases due to the blocked lymph flow, there is a shortage of lymph fluid inside the area where regular body functions have ceased. The tissues do not receive nourishment and elimination, and outside, excess fluids denied access to the area create congestion, inflammation and increased tension due to unequal blood and fluid pressures. The oxygen supply is decreased and waste toxins are retained. The nerve endings become impaired in function and in some areas the excess fluids press on the nerve endings, causing pain. Eventually there is a loss of control over cell proliferation and a predisposition to tumour formation and abnormal cell growth.

The lymphatic system may also be regarded as the negative pole of the water principle flowing in the body, the positive being the firey hot red blood which beats the tune of our life from a large central heart. As a negative pole the lymph is slow, cold and heavy. Its natural tendency is to settle, so we must move to make it flow. This correlates to the emotional aspects of the feminine nature, as defined by the moon. Whenever lymph collects, so does negativity, whether in the form of toxic waste or unfinished emotions. It is essential to realize that negative emotions also affect the flow of the lymph. When we tense our body and hold on to things we also inhibit the flow of life processes. The result is that all carcinomas are the result of local lymph obstruction.

When the lymph system is diseased a number of changes take place. The first thing to happen is that the lymph glands become swollen. This is comparable to clogged drains. If this continues for too long it begins to affect the tissues in the area, preventing such basic functions as the circulation of nutrition from taking place. Disordered lymph function can cause anaemia. Imbalanced nutrition causes the blood to be alkaline which makes iron move into the lymph. It is still in the body but it is not available to the blood stream for distribution. An unbalanced lymph system can alter leucocyte production causing excess or insufficiency, disturbing our immunity. It can also cause variations in blood pressure, body temperature and the body's ability to heal. It is extremely important that the lymph system maintains the correct acid/alkaline balance, because

an over-alkaline body produces acids, and an over-acid body produces alkalines as the body attempts to restore balance, both situations putting undue stress on the lymphatic system which should always be kept at prime levels for defence and all its other important and necessary functions.

The subtle lymph system

According to David Tansley, author of *The Subtle Body,* 'The spleen chakra's role is to supply vital energy to all the chakras on all levels of the personality or lower self. It is not directly related to major chakras. Its role is to vitalize the etheric body.'

The spleen

The spleen is such a mysterious organ that it is easier to understand the importance of its subtle functions, because its physical functions are so varied and indefinable. Through the ages metaphysicians, healers and mystics have written about the subtle functions of the spleen. In *The Secret Doctrine* Madame Blavatsky says that the physical spleen is only a cover for the real spleen. The spleen acts as the distributing centre for prana (life vitality) coming into the body.

Acupuncturists view the spleen as an organ in which yin and yang are most balanced as it is neither full nor empty. They consider the most important functions of the spleen as the distribution of nourishment throughout the body and the governing of will, concentration and memory. In the five elements school of acupuncture they regard the spleen as the centre. When the spleen is sick the entire body is fundamentally sick. It is a 'ki' disease, 'ki' being the force of the universe which circulates throughout the body and animating it. When this force is prevented from circulating properly, disease begins.

Dr Randolph Stone, creator of Polarity Therapy and author of *The Mystic Bible,* believes that when the spleen is malfunctioning food is not distributed. When the spleen over-works it attempts to balance the body, and excess periods and a lack of discrimination can result. Relationships also become unbalanced as one cannot distribute oneself evenly on any level, physically, mentally or emotionally. In *The Mystic Bible* he talks about the spleen as a psychic door where we are connected with the finer energy regions. When our sensory (umbilical cord) and our motor energy (end of the spinal cord in the back) are linked, the spleen acts as a real door for finer energies and as an etheric exchange centre for these functions. Aside from the more obvious physical functions, the spleen centre absorbs and distributes prana and vitality to our etheric and physical bodies. It also brings down into physical consciousness whatever inherent qualities are in the corresponding astral centre. This relationship between etheric energies and moral qualities are not spiritual energies, but qualities of higher mind.

In David Tansley's *Radionics and the Subtle Anatomy of Man,* the *etheric* body is seen as a receiver, assimilator and transmitter of prana. These energies streaming in from the sun are absorbed by the etheric body through a series of small force centres and then passed on to the spleen, where the vital essence of the sun is subjected to a process of

intensification or devitalization according to the condition of the organism before being circulated to vitalize the physical body. The etheric body of man has therefore been described as negative or receptive in respect to solar radiations, and as positive or expulsive in respect to the physical body.

Auryavedic medicine holds the function of the spleen to be very important, as its pyramid shape contacts many other organs, the diaphragm, stomach, left kidney, colon and pancreas, thus connecting all the elements of air, fire, water and earth in the body. Because of this unique position the spleen has intimate association with all three doshas or energies in the body, which we can loosely describe as wind, bile and mucus. The spleen unites the physical and subtle bodies and communicates and distributes the elements and energies in the body.

Vitality globules from the subtle body are first drawn into the spleen centre and then broken up into seven component atoms. Each atom is charged with one of the seven prana varieties and then caught up and spun around the appropriate chakra. The seven prana varieties are correlated to colours, which relate to colours on the higher levels of causal, mental and astral bodies. The pranic colours are: violet, blue, green, yellow, orange, dark red and rose red. Indigo is divided between violet and blue, and red is divided into dark red and rose red.

The seventh colour, rose pink, is despatched through the hub or centre of the spleen and distributed over the whole of the nervous system as the life of the nervous system. The atoms grow paler as they sweep along the nerves, parting with their pranic content until they are eventually discharged from the body through the pores of the skin forming what is called the health aura, a pale bluish white emanation. A healthy person has an excess of prana charged particles which are discharged from the body in all directions through the health aura, along with particles from which the prana has been extracted. Someone like this is a source of health and strength to those around them as they shed vitality. Healers have this energy in great abundance. The astral centres corresponding to the spleen also have the function of vitalizing the whole astral abody.

David Tansley, in *Subtle Body,* describes the spleen as the physical organ which is an externalization of a subtle force centre which is directly responsible for absorbing the solar or pranic forces from the sun and distributing their vitalizing qualities to the physical body by way of the etheric body.

Paracelsus's descriptions of the closeness of the animal body and the sidereal body, and their interaction, supports the theory of the spleen acting as a doorway and distributing centre of the life energy which comes from the sidereal body into the animal body. The sidereal body consists of fire and air while the animal body is made up of fire, air, earth and water.

In acupuncture the spleen and liver have a balancing relationship. They are on opposite sides of the body, the spleen secreting acids into the duodenum and the liver secreting alkalines. The spleen is also recognized as the organ which digests and assimilates nutrient.

When the spleen is inactive or removed some of the spleen functions are carried on by lymph nodes and the bone marrow. In acute spleen

disease the spleen is soft and flabby whereas chronic spleen conditions result in a hard spleen.

Functions of the spleen

The spleen has many and varied functions, some of them only activated when another part of the immune system becomes hypoactive. The spleen seems to communicate with, balance and compensate for all the other parts of the lymphatic system. While it can be removed without causing death, quality of life and protective functions are impaired, as well as vibrant energy levels reduced.

The spleen acts as a detoxicant and helps to remove dead cells. It filters as it maintains the composition of circulatory blood and is involved in the manufacture of blood cells. Whenever infection occurs it forms antibodies and anti-toxins and manufactures lymphocytes and monocytes for export, and is active in immune response to antigens. The spleen helps to remove debris from the blood and breaks down aged red blood corpuscles. It also acts as minimal storage for red blood corpuscles. The spleen is responsible for converting the *haem* portions of haemoglobin molecules indirectly to bilirubin, which goes to the liver and helps to manufacture bile, causing the yellow colour. Excessive bilirubin results in jaundice.

When diseased the spleen may cause severe anaemia, typhoid, typhus, malaria, brain malfunction, lack of concentration, hyperacidity, acidosis, and toxaemia.

The spleen is a purple, concave delicate structure which sits at the tip of the pancreatic tongue. This passive heart of the lymph system repeats all the functions of all the parts of the lymphatic system. It stands in for or supports any part of the system which breaks down or becomes overloaded and assists generally in the functions of blood production, defence, transport of nutrient and hormones, body purification and storage of blood. It also functions most significantly in the subtle energy bodies.

The spleen in the iris

The spleen appears in the iris in the left eye at 4:15 to 4:30. Toxins from the bowel can affect the spleen, and cause darkening in the iris, and often insomnia results. When feverish illness occurs check out the markings in the peyer's patches in the small intestines. Black spots in the spleen area may indicate tumours.

Lightening of the spleen area indicates splenitis (inflammation of the spleen) and is related to disease of the stomach and intestines. Acute splenitis may manifest white, pink or red reflective fibres or transversals.

The spleen-heart transversal is a well known iris marking which should be taken as an indication for immediate treatment.

Lymphatic congestion in the spleen area shows up in the outer lymphatic ring as white, yellowish or brown lymphatic tophi. Lacunae suggest weak connective tissue. The radial opposite to the spleen is the lower jaw, and on the right eye the jaw reflexes to the liver, indicating once again the close connection to the liver. Both liver and spleen disturbances result in eye swelling and itching.

When the spleen is enlarged, the iris area can also be larger. The ANW may point outwards into the spleen area drawing our attention to nerve involvement and stress. Nerve rings may also circled inwards close to the ANW. Psora would indicate insufficiency on the physical level and issues with anger and resentment on emotional levels.

The lymphatic rosary in the iris

The Hydrogenoid Constitutional type manifests the lymphatic rosary in the lymphatic zone in the iris. The tophi may completely circle the iris or

may only appear in certain places. It is important to observe whether the tophi appear in significant areas, like the liver, spleen or kidney. Variations of colouring reveal the level of toxic encumbrance or exudative activity.

Whenever lymph collects toxicity results both on physical and mental-emotional levels. Thickening and slowing of these lymphatic fluids and functions represents a diminishment of one of our most self protective forces. In this age of pollution we fear cancer and spend millions on research to try to find a cure. It is better for each person to take the responsibility to clear their bodies of waste, and activate their own immune system.

Lymphatic or lymph glands

The lymphatic system has many different types of glands appearing in different parts of the body acting as warning devices and warriors for defence. They produce white blood cells, leucocytes, which are like police patrols or refuse disposal for the body, removing rubbish and filtering lymph, removing the fertile ground for infection.

Adenoids are placed at the back of the nose to act as warning devices whenever infection, catarrhal encumbrance and mucus exudations occur.

Appendix in the lower ascending colon, where the caecum empties through the ileocaecal valve, secrete lubricant to aid the passage of bowel matter up the colon and an antiseptic solution to prevent infection. Inflammation begins when constipation retains faecal matter in the colon. The removal of the appendix leaves the area without protection, thus allowing further degeneration into seriously chronic conditions.

Cervical lymph glands in the throat swell up when toxins from the head, neck, throat and shoulders create infection, as they attempt to purify the area.

Inguinal glands purify toxins from the pelvis, groin and legs.

Axillary lymph glands purify toxins from the body trunk and breasts, lungs and chest under the arms.

Lacteals are small intestinal lymphatics that absorb fat slowly from the chyme and pass it into the lymph system by way of the thoracic duct to the blood stream.

Peyer's patches in the small intestines, near the distal ileum, stimulate fevers to overcome infection whenever digestive conditions, viruses, parasites, worms, etc. take hold. They act as the centre within the digestive system to create antibodies against the invasion of micro-organisms. The body's natural fevers kill the infection by raising the temperatures. Excessive fevers over long periods of time can damage the ability of the peyer's patches to protect the body from digestive infection.

Thymus is the endocrine member of the lymphatic system. It is very active during infancy and youth, defending the child against infection. It seeds the other lymphatic organs and glands with potential T' lymphocytes which secrete a substance that attacks the proteins of tumour cells, foreign cells, and invaders of all kinds. It produces thymosin hormone that enhances the development of T' lymphocytes.

Tonsils act as a warning device in the throat. They become inflamed when toxic encumbrance produces infections. Removing them damages the protective system of the throat area.

Lymphatic glands in the iris

When assessing the lymphatic glands in the iris, pay particular attention to lymphatic tophi if they appear in the neck, underarm or groin areas where the major lymph glands are placed to purify the body, especially during fevers, infections and when there are swollen glands. Acute eliminations, whether during a healing or disease crisis, will register as white exudations. It is important to determine whether bowel toxins are adding to the problem. Check out the spleen reading and determine whether other eliminative channels are involved. Look for tiny black spots which may signify chronic toxic levels and ineffective leucocyte functions.

Thymus This endocrine gland is rarely shown on iris charts. As it is in the centre of the body in the bronchial, lung areas, look for hypoactive signs when this the body's protective system is not working properly. This gland is becoming the subject for research as we learn more about its importance in immune defence.

The thymus is responsible for immunological surveillance. After the lymphocytes have formed in the bone marrow, they travel to the thymus gland where they mature and then move on to the lymph nodes and spleen. Here they reside as 'T' cells (thymus derived cells) which respond to thymus hormones travelling through the blood stream. Continued stress depletes the gland of its 'T' cells, so that when they are really needed there is an insufficient supply to ward off the disease. Conversely, the parasympathetic state of relaxation, together with a calm mind and quiet emotions, will keep the thymus operating at peak levels.

John Diamond, MD, and president of the International Academy of Preventive Medicine and recipient of the Naughton-Manning Prize for Psychiatry states 'I have never seen a patient with a chronic degenerative illness who did not have an underactive thymus gland .... I believe that it is the thymus weakness, or underactivity, that is the original cause of the illness. All illnesses start with a diminuation of the life energy. Should this decrease continue, some organ of the body will be the target for the illness.'

It is most significant that this gland is in the heart centre or chakra. Here, we either express love, and warmth which enables the thymus gland to flourish and protect us, or inhibit love and caring which contracts our thymus into inactivity. It used to be accepted as normal that the thymus shrivelled and became redundant. This is not natural or right. Children rejoice in an open heart centre but if life closes down our heart centre we are the ones to suffer. If we restore our capacity to love and open our heart centre the thymus benefits and provides us with the protection we need.

The thymus gland is the first organ to be affected by stress, therefore it is an important link between mind and body. The six factors which strongly affect the thymus are stress, emotional attitudes, posture, food, social environment and the physical environment. Smoking and depressive mental states also weaken the thymus. It is called the gland of love, youth and enthusiasm, and reflects the person's outlook and attitude to life. It also holds the sex expression in abeyance, the opposite of the adrenals which accelerate it. Where self destructive illnesses have taken hold, improvement in life attitudes will help to activate this essential gland for defence against disease.

Catherine Ponder in *The Healing Secret of the Ages* says

> 'Metaphysically, the thymus gland, being closely situated to the heart, is associated with man's love nature. A malfunction in this area, whether heart, chest, lungs or breast, indicates a malfunction of the mind power of love located in that area.'

Appendix

Lacunae (muscle weakness) in this area and bowel pockets are commonly associated with toxic conditions. White signs indicate acute inflammation and dark signs reveal toxins and hypofunction. If the ascending colon has become swollen due to sluggish bowel movement the ileo-caecal valve is often involved. Here the lymphatic warning device works as a part of the digestive system where good muscle tone is necessary to move faeces upward.

Peyer's patches

In acute fevers this area appears white. In chronic diseases when the ability for the acute fever reaction is lost, this area appears dark and hyperactive. Bowel pockets and markings affecting the ANW are also important considerations.

Lacteals
These appear all throughout the small intestines, there is no actual place in the iris where they can be assessed except as a part of the digestive and assimilative process.
Adenoids
Trouble here would appear as part of a sinus congestion rising up to the head above the transverse colon and in the nose zone, particularly the lymphatic end of that zone.

Tonsils
The tonsil, larynx and pharynx zone indicate congestion in the back of the throat when lymphatic signs appear in the outer circulation zone. When there is active infection and inflammation these signs would be white.

Mammary glands
Lymphatic drainage here is significant, both to drain the fat portion of milk produced during lactation and as a vehicle to transfer infected material or cancer cells from the breast to distant parts. Once again, this area is part of the heart centre, where as we discussed in the section on the thymus, one's attitude to life and one's ability to love affects the function of physical tissue. Here, the breasts are the symbol of loving nourishment and nurturing. Inhibition and congestion reveals the struggles taking place in this love centre of the body.

Treatment for lymphatic system

Specific herbs for the lymphatic system
1. *Echinacea:* This prime lymphatic herb is known as the *herbal anti-biotic.* In America it was called 'Prairie doctor' because it was such a beneficial herb. It promotes the production of white blood cells which then destroy invading bacteria, microbes and virus infections. Echinacea also neutralizes acid conditions of the blood associated with stagnation of lymphatic fluids and increases the body's resistance to infection.

Dosage: Powder in capsules: 2 every half hour in acute conditions for 2 hours, then decrease to 2 every hour for 2 hours, and then maintain dose 2-4 times a day until the condition is clear. This treatment is ineffective unless accompanied by thorough bowel cleansing, rest, juice and fruit diet and baths to stimulate the flow of perspiration. Non-toxic herbal medicines will never knock out a virus, but will effectively increase the action of the immune system.

2. *Mullein:* relieves lymphatic congestion in swollen glands, earaches, toothaches, haemorrhoids. Poultice: ⅔ mullein, ⅓ lobelia.

3. *Poke root* reduces inflammation of lymph glands, especially of tonsillitis, mumps, mastitis (caution: not over 1 g per day).

4. *Yellow dock:* high in iron, nourishes spleen, aids lymph functions.

5. *Herbs for injections:* any one or combination of: plantain, black walnut, golden seal, bugle weed, marshmallow root, lobelia, garlic, parsley, watercress, rosemary, rose hips.

6. *Lobelia:* the herb of equilibrium; restores balance of congestion or depletion. This herb reflects the quality of the lymph and restores communication between the circulatory and lymphatic systems.

Formulae

Lymph formula: (equal parts echinacea, lobelia, mullein, poke root, burdock, cayenne, chaparral).

Antibiotics naturally: (equal parts of golden seal, burdock, lobelia, mullein, 1½ parts echinacea, ½ parts cloves, garlic, thyme).

Chronic purifier: (Dr Shook) (40g mimosa gum, 120g echinacea, 40g blue flag, 120g comfrey root, 40g irish moss, 40g cloves).

Heavy metal purifier: 300g yellow dock root, 300g bugle weed, 75g lobelia and 300g chaparral (must take daily Epsom salt baths) and the kidney formula.

Diuretics: Because the lymphatic system and the urinary system have a close relationship when it comes to water balance and fluid retention, diuretics also work to reduce lymphatic swellings and obesity. The most common and effective herbs for this purpose are marestail, parsley, uva ursi, clivers, buchu, nettles.

It is also a great help to drink purifying teas on a regular basis such as red clover, violet leaves, red raspberry etc. These are pleasant tasting and over time will improve function.

It is very important to read good herbal books like those of Dr Shook, Dr Christopher and Michael Tierra to get a good understanding of each herb. Read about alternative and lymphatic herbs. This will also help you to understand the formulae.

Begin treating the eliminative channels and progress slowly towards more intense purification. One might use the lymph and blood purifying formulae in the beginning and then proceed to the chronic purifier. Only after the body is really working very well would one proceed to the heavy metal purifier. Each eliminative channel must be working very well before strong purification can proceed safely without aggravation.

As purification will mean that toxins will also pass out of the body at a higher rate, weak systems and organs have to be supported. If there is any sign of hypofunction in the kidneys use the kidney/bladder formula and/or diuretic herbal teas and make sure the patient is taking in an adequate amount of fluids. This will eliminate any chance of headaches and fatigue due to too many toxins in the blood stream.

Poultices and packs

Castor oil packs feed directly into the lymph system. See Appendix III.

Poultices and fomentations: Direct herbal feeding into the area of need. Herbal properties are absorbed directly into the skin, moving into the blood and lymph to supply tissues with what is needed to fight infection and regenerate cells.

Poultices: Local lymph obstruction, swelling and congested glands can be helped immediately by poultices or mullein and one third lobelia. Put the herbs in a gauze, pour just enough boiling water on to saturate. After it has cooled enough to put it on, cover with plastic wrap and leave on. If you do not have mullein and lobelia, use comfrey, slippery elm, golden seal or poke root. Onions, potatoes and carrots, grated and semi-cooked, will help to relieve congestions.

Emetics: Cleansing the stomach of morbid matter and fermentation will diminish the body's need to produce a healing or disease crises, and so relieve the lymphatic system.

Water of life: From the earliest dawn of man's history in the Auryavedic teachings man has recommended drinking one's own urine. In modern terms it is as though you are drinking your own homeopathic potentized water, replacing the balance of what an unhealthy body is eliminating in the urine.

Sore throats: whenever the lymphatic system is draining poisons via the mucous membranes of the throat and tonsils, drink and gargle a mixture of cider vinegar, hot water, pressed garlic, cayenne, honey and lemon. This combined mixture blends nicely, neutralizing the strong taste of some of the individual ingredients. Thyme tea is also an excellent antiseptic tea.

Homeopathy

While these remedies are highly regarded lymphatic remedies the prescription would of course be based on regular homeopathic analysis: nat. mur., calc. carb., echinacea, ceanothus, calc. iod., veratrum alb., hepar. sulph.

Aromatherapy

Injection or absorption into the skin is injection directly into the lymphatic system. The use of specific aromatherapy oils, in massage or baths which affect the lymphatic system, will greatly enhance the healing process. Use the following oils:

1. *Spleen tonic:* black pepper, chamomile, fennel, lavender, rose.
2. *Antibacterial:* (does what antibiotics do) cinnamon, eucalyptus, origanum, sandalwood, thyme, tea tree oil.
3. *Internal toxic congestion:* peppermint.
4. *Oedema:* pennyroyal, pachouli, juniper.

5. *Stimulate leucocytes:* bergamot, lemon.
6. *Scrofula:* (TB of lymphatic system) frankincense.

In aromatherapy, as in iridology, there is a lymphatic type characterized by a weak spleen, which suffers from imbalances in emotions. One aspect is an excess of wonder and compassion, being too kind, always wanting to help, with a tendency to gullibility. The other aspect is lethargy, melancholy, lack of interest and grief. Rosemary, juniper and sage are used to restore balance.

Madame Maury explains: 'This diffusion of aromatherapy oils takes place by exchanges between the extra-cellular and lacunary liquids (contained between pleura and lung, peritoneum and all other fluids) and the blood, lymph and the tissues. The elements introduced are

carried by these liquids to the organs and retained selectively by the latter.' Dispersion takes three to six hours in a healthy person, six to twelve hours in a congested body, and even shorter time for transparent and diaphanous natures. When applied over specific areas, oils penetrate directly to the organ or area in need.

Recommended reading
Art of Aromatherapy Tisserand.

Water and water therapy

It is essential for proper quality and movement of fluids that sufficient fluids be drunk on a regular daily basis. Every person must drink enough fluids to flush the toxins out of the body and to allow the proper viscosity of blood, lymph and urinary fluids. The general rule is that each person should drink half their body weight in ounces daily. Therefore, an average adult could drink 40 oz daily and children 20 oz. The ideal intake is about ½ cup per hour so that the fluids spread evenly and regularly into the body and an increase to 1 cup per hour will flush the cells, aiding purification.

Fluids move nutrients and act as a transport system for hormones, nutrients, wastes, leucocytes and natural medicines. Fluids increase oxygen dispersion. There is one water molecule for every other molecule carrying nutrients. The osmotic pressure changes when there are high amounts of fluid, sodium is diluted and the system is flushed.

The hypothalamus signals to the pituitary, regulates water reabsorption and the adrenals regulate salt absorption.

Water cure is an old respected form of natural medicine, practised from the earliest times to the present day. We all know the stimulating force of a cold shower or bath, and the comfort and relaxation from a warm bath, as well as the stimulation of perspiration from hot air or baths. This was organized into water cure by Father Kneipp, a priest in Austria in the 18th century.

The main principle of water cure is based around alternation of hot and cold water, the hot drawing the blood and lymph to the surface of the body, and the cold sending it back to the centre. This is exercise for the fluids, and the movement disperses congestion and restores circulation to areas which were deficient. Between the opposites lies the path, the balance, or health and a feeling of well-being. This expansion and

contraction process moves the blood and lymph, stimulating it and aiding elimination through skin, kidneys, bowel and lymph and lungs.

For specific treatments, read Kneipp Water Cure books.

It is necessary to visualize two forces of circulation, one coming from the centre outwards and the other returning to the centre. The heart beats and sends out red arterial flow from the centre outwards, and passive blue venous blood and lymph fluids are moved back to the centre by muscular movement, activity, seepage and the pulsations of internal organs.

Possibilities for imbalances of these two fluid flows include:

1. Excess of blood at the centre, lack at the periphery.
2. Excess of blood at the periphery, lack at the centre.
3. Excess of blood in trunk of body, lack in extremities.
4. Excess of blood in pelvis and legs, shortage in upper body and brain.

The power of alternate hot and cold treatments when they are balanced is that the blood is sent in and out, like exercise, bathing the tissues, overcoming obstructions and reaching every part of the body.

HOT water expands blood outwards toward the periphery; also pores open and release toxic perspiration, encouraging elimination. (Alkaline force of expansion.)

COLD water contracts blood flow and sends it back to the centre; pores are closed and elimination stopped. (Acid force of contraction.)

The combination of the two in balanced contrast clears stagnant areas and brings fresh blood to every part of the body, so that the negative and positive, yin, yang relationship between the outward and the inward fluid flows is equalized in harmony.

The following simple treatments will accomplish this effectively:

1. Turkish baths - equal time in steam room and cold plunge. Do not be afraid of the cold water, go in again and again until you glow and feel clear and light.
2. Saunas - must be balanced by cold showers or plunges. Be brave!
3. Hot baths alternated with cold baths (let cold water run in while you are still in the bath, then let water run out as more cold water comes in, splashing all over you). It is also helpful to walk around cooling down before you put clothes on again.
4. Alternate hot and cold foot baths will prevent swelling and inflammation after sprains, reduce oedema, stimulate and relieve lymphatic swelling in the lower limbs and increase circulation. Three minutes in the hot and one minute in the cold.
5. When you have warm weather, lie in a large pan of cold water while the sun toasts the other side, and then alternate, reversing the hot and cold to front and back of the body. Change every five to six seconds.

The addition of herbs to baths also increases their effectiveness.

Stimulating baths: Make a paste of 1 tbsp. each of mustard, ginger and cayenne pepper. Take a HOT bath for 20-30 minutes, then wrap up

thoroughly under quilts to encourage perspiration. This will diminish the onset of cold and flu if taken at the earliest signs.

Relaxing baths: Make a strong decoction of lobelia, catnip or chamomile and soak at least 20 minutes.

Dr Christopher's Cold Sheet Treatment: See 'The Incurables' for his powerful all inclusive treatment to relieve healing and disease crises.

Aromatherapy baths: The same principles apply. Use 6/12 drops of oil on their own or in combination with others according to instructions in the aromatherapy books.

Foot and hand baths: Maurice Messegue pioneered this method of healing and quick and efficient results can be obtained by this absorption directly into the capillaries of the hands and feet. Herbal properties move quickly through the blood and lymph without having to go through the longer process of digestion.

Exercise

Exercise stimulates the movements of fluids throughout the body and increases the oxygenation of the blood. There is enough written about this today so nothing needs to be repeated. Whenever illness causes the patient to be bedridden, it is necessary to compensate for the slowing and stagnation of the body by massage, lymph drainage massage and skin rolling, foot reflexology and alternating hot and cold water therapy. Herbal formulae taken internally will also relieve the system, and the bowels must be kept clean and active.

Any exercise which pumps the thighs will drive the lymphatic fluids throughout the body. Likewise movement of the arms will move the lymph towards the axilla. Circular movements of legs, arms and neck will move the fluids through those terminal glands. The following exercises may be particularly beneficial.

1. *Squats* - moving up and down out of a squatting position will stimulate lymphatic fluids, and warmth. Use 'HA' breath.
2. *Woodchopper* - hold something (like an axe) high above head with legs apart. Bring the axe downwards and as you come down, move into a squat, with the axe far between the legs.
3. Drain the *arches* by leaning against the wall and raising up and down on the arches.
4. Yogic postures which involve lifting the legs over the body to the floor while lying on your back are excellent for draining and flushing the *spinal column.*
5. *Sacroiliac drainage* - lying on back, lift bent legs up until the knees rest on the abdomen. Wrap arms around the legs, pulling them in towards the abdomen. Hold and then let go suddenly. Do on both sides, repeating fives times on each side.
6. *Head and neck* - hold your neck in the occiput area, with fingers meeting in the middle around the back. Using repetitive movements,

drain from the centre outwards. When you start to move from the centre the head is forward. As you start to drain to the side, move the head back. When the head is right back, bring the fingers down the neck and drain into the scapula area.

Emotional counseling

As the water principle of the body is directly connected with the emotional life, holistic treatment must consider clearing and releasing past and present conflicts, both by Bach flower remedies and counselling. Clearing of past shocks and traumas will release the physical congestion.

Massage

Any massage will improve circulation of both blood and lymphatic fluids. If the aim is directed towards this, certain techniques will accomplish this more swiftly. Massage towards the heart working from the periphery to the centre. Using lymphatic massage techniques, drain the main lymph channels.

The application of simple techniques such as the *liver press,* the *spleen pump,* and the *aorta press* are simple to master. Stand to the side of the head and press down firmly over the liver, spleen or above the heart, then release suddenly. The *liver or spleen press* is done in a regular rhythm for up to three minutes and the *aorta press* is done 20 times per minute. A good Swedish massage will clear congestion and help to equalize circulation. The addition of aromatic oils which absorb directly into the lymphatic system will travel and circulate quickly to accomplish positive effects in the shortest time possible. These presses which move lymphatic fluids through lymph nodes increase the defence power as the fluid emerging from the lymph gland will contain many more antibodies than when the lymph entered the node.

Reflexology

A much more complete lymphatic foot drainage can be accomplished with reflexology. In the original Ingham method, each system can be worked with individually, and the lymphatic system can be stimulated and drained in the following way:

1. *Groin reflex area:* Work the lymph area from ankle to ankle on each foot with whatever technique suits you, either with thumbs or fingers. Also, holding the ankle in one hand and the toes in the other, rotate the foot several times in each direction.
2. *Breast reflex area:* Starting at the base of each toe, work up the top of the foot through the lung and breast areas.
3. *Tonsils and adenoids:* Working in the first one third of the large toe from the base of the toe, in the neck area, will stimulate the tonsils and adenoids. Support by working the two small toes.
4. *Thymus:* Located in the body below the thyroid, in the centre of the sternum, find the foot reflex below the thyroid reflex and beside the upper thoracic spinal area. Start the massage at the diaphragm line and work up to the base of the toes, and repeat.

Whenever local or systemic infections cause fever, swelling, congested lymph glands, etc., massage to clear and drain those areas. Understand your lymph system and work with it. Give it the support that it needs so that it can do its job to protect you, as your system of immunity and defence.

Try the following drainage techniques:

Clear *scapula and shoulder* congestion by asking someone to lift up your scapula, and press their fingers inside, massaging and freeing the area. When this is done, massage around the scapula, drawing the lymph in towards the centre of the spinal column.

Ask someone to press their hands over the *liver* area, with the fingers pointing to the apex of the ribs. Ask the patient to exhale, and then as they inhale, push the left hand up into the apex, while the right hand presses in the opposite direction so that the natural function of squeezing the liver is accentuated and supported. Repeat four times. If the liver is tender use light pressure.

The *cysterna chyli* is the main large deep lymph channel above the umbilicus. You can drain this yourself or ask someone to do it in this manner. Start in the centre of the abdomen, just above the pubis, press inwards and move upwards till you pass the umbilicus. Repeat five times. This is excellent to do at the end of a treatment, when the lymph has collected in the chyli and you want it to disperse into the bowel.

You can reach backwards to the kidneys and press inwards towards the spine with the fingers, breaking up congestion and stimulating lymph flow.

Manipulative therapies

Never underestimate the effect of correct posture and structural adjustments to clear energy flow and relieve muscular tension. Adjustment of the third dorsal ganglion relieves any stagnation in the pineal gland, thus increasing communication between the psychic body and the lymph system.

Diet

The lymphatic system is more affected (when it shows as a congested rosary or tophi) by mucus forming foods, such as dairy products, sugar, white processed flour products and processed foods, aspirins etc. Heavily acid forming diets will take their toll on both systems.

Diets to improve these conditions must be both purifying and mucus-free, in the beginning and then proceed to regeneration with easily digested and assimilated nutrition such as seaweeds, spirulina, soy protein and organic fruits and vegetables, grains, nuts and seeds. The Purification Diet (page 322) is an ideal diet to purify the lymphatic fluid and still feel reasonably well and strong.

Chronic disease therapy programmes such as the Gerson Therapy insist on high levels of fresh juices and distilled water to support the purification of blood, lymph and tissues. A main focus of their treatment is the support and generation of the liver. This accomplishes the elimination of high amounts of toxins so that cell growth is restored to a higher proportion than cell death.

HCl as a nutritional supplement will alleviate lymph stasis because it enters the lymphatic vessel and helps to break down toxic congestion, eliminate lactic, carbonic and other acids and lowers the pH reaction in congested tissues. In health, enough HC1 should be secreted by gastric mucosa which would be absorbed in regular doses by the lymph from the intestinal walls. Extra feeding of HC1, potassium and mineral salts will aid the lymphatic system.

Holistic relationships: interactions with other systems

The lymphatic system and the muscular system

One of the main ways the lymph moves throughout the body is through muscular movement and the effect of blood pulsations. The skin is closely connected with lymphatic function, first because whatever you put on the skin is directly absorbed into the lymph system, and second, if the skin is not eliminating properly, this causes toxic buildup in the lymph zone.

The lymphatic system both feeds and drains the muscular system, maintaining the nutrient levels for tissue regeneration and the elimination of cell waste. The lymph carries fat to deposit in muscle and skin areas. Whenever injuries occur, the lymph is drawn to that area to support healing by raising the levels of nutrient and leucocytes, and increasing elimination. If infections take hold, the lymphatic defense system, the leucocytes, are stimulated to resist invasion and multiplication of bacteria and minimize inflammation.

The lymphatic system and the digestive system

The lacteals in the small intestines absorb fats from the chyme and release them in slow safe amounts into the blood. Wherever proteins are lost by the blood, the lymph picks them up and returns them.

Intestinal pulsations help to move the lymph along. Peyer's patches in the small intestines protect the body from infection and invasion by germs by producing fevers. The appendix aids the digestive process where the caecum changes into the ascending colon. This is a potentially sluggish area where faecal matter will have to move against gravity, and the appendix, as well as acting as a warning device when it becomes inflamed due to high levels of toxins collecting, also secretes an antiseptic lubricant to help maintain the area and encourage upward motion.

The tonsils in the throat also act as a warning device for mucus congestion in the throat and mouth areas. Unless very overloaded, the tonsils secrete toxic waste which goes into the gastrointestinal tract to be eliminated from the body. The main lymph channels down the front of the body also drain waste lymph into the bowels after lymph massage. The lymph glands in the groin work to purify the pelvic digestive areas.

The lymphatic system and the nervous system

The central nervous system is the only part of the body which does not require servicing by the lymphatic system and contains no lymph vessels of fluid.

The lymphatic system and the urinary system

Toxic lymph creates a further burden for the urinary system. The kidneys have their own lymph system to maintain tissue health. They are both eliminative channels and if one is not working properly the other has to work harder to compensate.

The lymphatic system and the reproductive system

The lymphatic system contributes to the nourishment of the reproductive system as well as the drainage of wastes, and the protection of tissues from infection and inflammation.

The lymphatic system and the endocrine system

Each part of the endocrine system receives nourishment, drainage and protection from the lymphatic system. The lymph also carries hormones.

The lymphatic system and the respiratory system

The lymph carries fat molecules necessary for respiration. Lymph is also moved around the body by respiratory breathing.

The lymphatic system and the skeletal system

There is a high proportion of cells in the bone marrow which are a part of the lymphatic reticulo-endothelial system for ingesting foreign particles and bacteria.

The red bone marrow is the birth place of both white and red blood cells. In infant life this process takes place in the spleen, and can be duplicated there if the bone marrow doesn't manufacture enough later on in life.

THE ENDOCRINE AND REPRODUCTIVE SYSTEMS

Anatomy and Physiology of the endocrine and reproductive systems

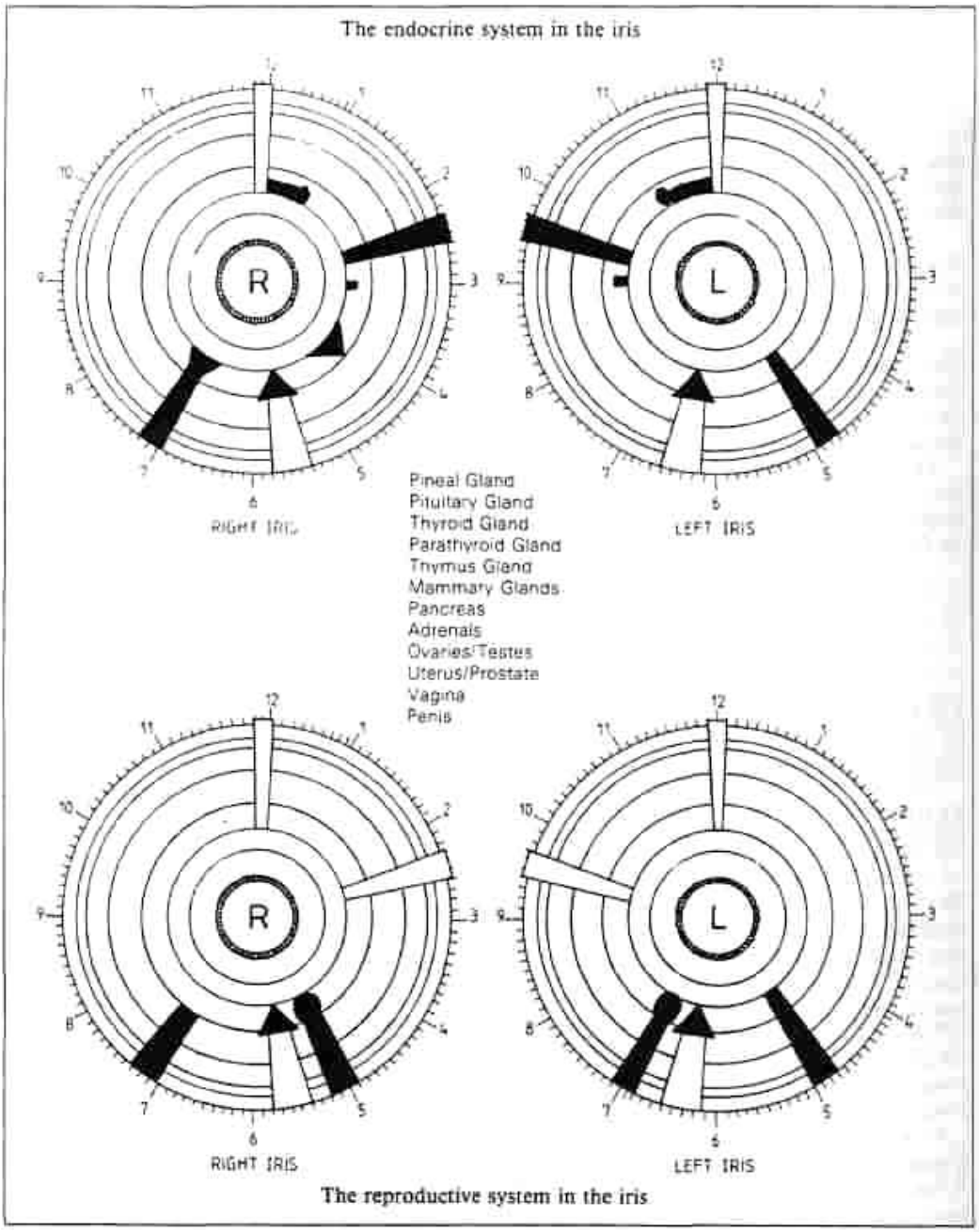
The endocrine and reproductive systems are closely intertwined in that the reproductive system is largely triggered by hormones secreted by the endocrine system into the blood stream.

Our growth as a male or female, and the various stages of maturation, are triggered by impulses stimulated by the secretions of the glands. The pineal, the pituitary and the thyroid set the other glands in motion.

The subtle mystical endocrine system -seven chakras or seven roses

The seven major endocrine glands are also aligned with the seven yogic chakras or the seven roses on the Rosy Cross of the Rosicrucian Order who call the endocrine glands the 'Invisible Guardians' or 'the controllers and guardians of life who determine the equilibrium of spiritual and physical forces in man.'

The word 'hormone' actually comes from a Greek word which means 'to set in motion, to arouse'. These hormones are secreted from the seven



major gland centres, but are also related to the etheric chakras of yogic and mystic teachings.

Vera Stanley Alder in *The Fifth Dimension* calls the two endocrine glands in the brain, male and female aspects of the hemaphrodite brain. When these two glands blend harmoniously, the third eye comes into being and the individual attains direct perception and wisdom which is not dependent on the five senses. In other words the marriage of pineal and pituitary, the male and female forces, result in the birth of 'Christ consciousness'.

The pineal was thought by Galen to be a regulator of thought. The Greeks claimed that the soul was anchored here. The Gordian knot is the

web of mind and soul in unconsciousness. The Chinese liken the pineal to the tiger force which copulates with the pituitary dragon force. It represents WILL, the spiritual will to be, SOUL, the primal yang power of heaven, the pure creative action of the holy man as idealized by the six yang lines of the I Ching and the focal point for positive masculine energy of spirit. The pineal releases spiritual essence into man when the dross has been burnt away from the personality. It is the male crown chakra which finds its outward expression through the right eye, and the upper brain.

The pituitary or brow chakra represents the dragon, feminine, creative personality force as balanced creativity inspired by idealism and imagination. It finds its expression through the left eye and represents the lower brain. Here energies gather momentum in preparation for union with the spirit in the pineal. It is the controller, or conductor of the endocrine orchestra, and when hyperactive, the individual is successful, and enthusiastic. The gland rests in sattvic balance when the blood stream is correctly tuned and homeostasis reigns. However, when changes produce imbalances, the pituitary secretes a trophic hormone to stimulate the underactive glands to restore balance.

In the throat centre the male and female principles divide into left and right, in the dual thyroids and parathyroids, in this area of active intelligence and expression. The thyroid is the focal point for higher creative energies to disperse into the body and the world, and it is also the polar opposite of the gonads, the sexual reproductive glands. Here, duality appears and the separation of male and female into right and left sides continues down the body, as it began in the right and left eyes, the expression of the male pineal and female pituitary forces.

David Tansley says the thymus is 'related to the life thread anchored in the heart, in this chakra of LOVE in the Heart Centre. Here the higher the consciousness and the more illuminated one's love consciousness the more effective is the protective immune centre. When children are loving and open, this centre functions well, and when we close down in adult life, the gland atrophies and loses its ability to protect.'

The pancreas rests in the ark and cauldron of the solar plexus centre. It is also centred where the diaphragm valve releases or holds the volcano emotions, allowing natural expression and cleansing, or damaging suppression where one's vital energies are drained by the energies required to hold the emotions down. Here, positive firey digestive functions through the naval plexus provide the earthly foundation for the mental and spiritual life.

The adrenals represent the physical will-to-be, providing the extra energy to deal with stress and overcome obstacles.

The gonads manifest the active counterpart of pineal or pituitary, whether the person becomes dominant male or female, and concerns itself with sexual reproduction and of the species preservation. If energies are concentrated unduly in lust, loss of mental and spiritual consciousness results, and the person becomes burdened with the physical life, to the detriment of developing the higher centres. This energy is also related to the will-to-create on the physical plane, closely linked to thyroid control.

The endocrine and reproductive systems in the iris

Pineal gland

This iris area is most often affected by problems associated with the *transverse colon.* Radials, whether from the pupil or the ANW, pass through this brain area. Also bowel pockets send toxins to this area and when there are lesions the toxins collect because that body area does not have the energy and the strength to throw off the toxins. Whenever the circulatory and lymphatic zone outside the ANW is coloured (rust, yellow, browns, etc.) this affects the sinus cavities; the glandular function is also inhibited. Toxins in this gland area indicate that the spirit is weak due to lack of will combined with an invasion of the psyche. The pineal takes up excess iodine as a backup for the thyroid.

Pituitary gland

This gland, adjacent to the pineal in the iris, is exposed to the same influences via the transverse colon. Because the pituitary seeks to balance the endocrine orchestra by the secretions of its various hormones, any troubles here, and in the pineal area, affect the function of the whole body. I once had a patient, a Cypriot female about 28 years old, who was in great nervous distress, and after she described her complex of symptoms, she announced that she had been medically diagnosed for something quite serious and wanted to know what I saw in her iris. Immediately on examination, two huge dark lesions were evident, reaching from the ANW of the transverse and encompassing a large brain area including the pineal and pituitary glands. I asked her if the diagnosis was to do with severe pituitary weakness and she was amazed, saying that the doctors diagnosed a pituitary tumour. She also had very long arms and short legs with small feet. Although only the right thyroid showed a diamond shaped lesion, it was evident there were imbalances in growth hormones. Both adrenals were also covered with deep bowel pockets and lesions. Very slowly she responded to cleansing programmes and in time her desperation eased. Great efforts were made to relieve her of self consciousness of her appearance, which one actually only noticed after she mentioned it. Her last letter to me after five months of herbs said that she was getting better and she thanked me for 'all the help and patience' shown to her.

Thyroid

Here attention should be focused on left and right balance, and whether both or one are hypo- or hyperactive. Lesions denote weakness, and of course any problems here affect the function of basic metabolism, speed of digestion, nutrient assimilation, weight, warmth etc. White denotes acute hyperactivity and the grey/black darkness of toxins denotes the hypoactive state. Psora indicates inhibited function and radials, the severity of the toxic discharge and the depth of the chronic malfunction. Because hypothyroidism slows down the healing process, it is essential to clear this area and return it to the acute hyperthyroidism stage so that the healing crisis can take place. It is often said that over-emotional personalities are prone to thyroid problems. The throat is the area of voice expression, and is easily affected either by excessive expression or repression of strong emotions.

If we think of hormones as crystals circulating throughout the body, carrying vibratory rhythms that are picked up by the various glands and interpreted in terms of the required function, we can imagine the fine tuning and balancing that is constantly taking place. Radio sets were made with crystals to pick up and interpret the radio waves - the principles are similar.

Parathyroids

The parathyroids nestle near the thyroid in the neck. Although the iris sign area is tiny, one can see that in most cases where the thyroid is affected by bowel pockets, radials, lesions and toxic or inflammatory catarrhal circulatory zones outside the ANW, the parathyroids are also affected. In some cases it would be clear that small pockets, etc., would be affecting the parathyroids, but not the thyroid. Lymph tophi nearer the periphery would indicate malfunction of the lymph glands in and around the thyroid and parathyroids.

Thymus gland

For some time men have thought the thymus gland naturally atrophied in adult life because this was true of many cases. However this does not mean that this is the true and right condition of such a valuable part of the body's immune system. Because the gland is in the heart centre, it reflects both the positive and the negative condition of love and its attributes of enthusiasm, warmth, generosity, etc. or selfishness, apathy and inability to love. Although the main role of the gland seems to be during childhood, it is called into action whenever invaders threaten the body in adult life. As it is placed in the centre of the body, between the upper part of the sternum, it is logical to assume signs could also be found on both eyes where the bronchials meet the lung breast line at either 9 pm on the right eye, or 3 pm on the left eye. Whenever patients cannot seem to recover from glandular fever infections, viruses, etc. check out this area. Radials and psora would relate to the emotional side of this gland, explaining the negative personalities we see carrying diseased bodies and living unhappy marginal existences. If a child has been suffering from continuous infectious conditions check the causes of the toxins and also the marks in the thymus area to guide your cleansing and balancing treatments.

Mammary glands

This area commonly shows grey shadows or lesions, radials from bowel pockets, or lymphatic tophi indicating the congestion in the area. Acute conditions manifest as white reflexive fibres. Severe psora spots and changes of tissue structure have accompanied diagnosed breast cancer patients.

Pancreas

This area often displays a diamond-shaped lesion together with a bowel pocket showing that toxins have seeped into this area causing inhibition of function. Less commonly, one sees radials, and white reflexive signs indicating acute conditions. Many cases show the lesion in

the gall bladder and appendix areas as well, indicating general digestive breakdown.

Adrenals

Adrenals manifest lines, both white and dark, and lesions separately or as a part of a marking which also encompasses the kidney. Bowel pockets press out from caecum and sigmoid, polluting the areas and causing toxic seepage. When the ANW is white and hyperactive this is usually matched in the adrenal area. Reflexive radials indicate irritation.

Ovaries

Here we have dual right/left glands so when either one or both of the ovaries have problems they can be similar or different. Women ovulate from one ovary at a time, and painful periods often come alternately, just from one ovary. Here it is important to look at the ovary in each eye and correlate the information about both. The same applies to the testes in the male. Nerve rings leading up to the ovaries indicate the level of tension and restriction in the area. They have also been caused by radium treatment on the ovary.

Uterus/prostate

This is another area commonly affected by bowel pockets, and lesions coming out from the bowel. Strands of several reflexive fibres waving out indicate hyperactive irritation associated with inflammation and pain.

Vagina/penis

All the above uterus/prostate signs apply, as the signs extend further to the vagina/penis area. Nerve rings stop and start here indicating irritation.

Treatment of the endocrine system andreproductive systems

The essential foundation for treatment of the endocrine system is purification. Sources of irritation are removed so that when superior nutrition is offered, the best healing level possible is achieved.

1. Hormone formula.
2. Thyroid formula.
3. Twelve kelp tablets daily help to balance thyroid function.
4. Natural hormones are available in herbs and plants: Genitstein from soybeans, Prunetin from prunes species, Diadzein from soybeans, Formononetin from red clover, Coumarin from alfalfa, Estriol from willow catkins. Female hormones are also found in carrots, soybeans, oats, licorice root and blessed thistle herb. Other sources of female hormones are wheat, barley, potatoes, apple, cherry plums, garlic, wheat germ and rice bran.
5. Progesterone and testosterone are both found in sarsaparilla root and ginseng.

6. It is said that high amounts of bromine (found in melons and celery) influence the pituitary and therefore fertility and harmonious life attitudes. Cultures such as that of Hawaii had high bromine levels in their foods.
7. The effect of yoga, meditation, exercise, sun and air on the balanced function of the endocrine system should never be underestimated.

Mammary glands

Swelling, pain, congestion, etc. of the mammary glands is closely related to both the emotional life and the lymphatic system. After foundation treatment, local treatment may be applied:

1. poke root poultices
2. castor oil packs
3. lymph massage
4. comfrey poultice
5. saw palmetto tincture
6. clivers juice on breasts and nipples
7. poultice of marshmallow root, chamomile and poppy heads for mastitis

Breast milk

Holy thistle and/or marshmallow infusions stimulate breast milk, while sage tea stops the flow. To help the breasts reduce when it is necessary to stop breast feeding, bathe the breasts with witch hazel tea and wrap them in cloths soaked in the same. Also a crushed cucumber poultice is effective.

Pancreas

See the section on the digestive system, page 183. Licorice tea (6 cups daily) helps to balance hypoglycaemia.

Adrenals

Parsley root and herb is a specific for adrenal treatment. Drink several glasses daily. Licorice root is an energizer for the adrenals. Vitamin B complex and vitamin C help restore adrenals after stressful periods.

Pelvic reproductive organs

Here the importance of clean bowels is emphasized even more clearly because of the close proximity of the organs, all pressed closely together. Toxins seep into vital organs causing much distress. Tensions radiating out from the solar plexus into muscles and tissues further inhibit the flow and movement of peristalsis, and blood and lymph circulation. No treatment can be successful unless bowel toxins are removed.

Uterus/vagina

Cramp Bark is an excellent female relaxant and regulator, helping to prevent spontaneous abortions; relieves pains from abdominal and uterine cramps.

Vaginal ovule treatment The ovule is an internal poultice which is inserted into the vagina or the rectum to draw out toxic poisons and offer superior healing agents and nutrition to an area of need. It is used whenever women have problems such as cysts, tumours, infections, sores and toxic conditions in the pelvic/abdominal area. The ovule spreads its influence through the mucous membranes of the vagina, via lymph and circulatory channels, into the bowel, urinary and genital areas.

The formula contains equal parts squaw vine, slippery elm, yellow dock root, comfrey root, marshmallow root, chickweed, golden seal root and mullein, all in powdered form. Add this formula to the same amount of slippery elm. Mix well.

Melt solid coconut oil butter (over hot water) until you can mix it freely with the powder and obtain a doughy paste which you can form into finger size rolls. Then refrigerate so the rolls will solidify. It is useful to place the paste on a plastic bag, then roll inside the plastic, for a smooth finish as well as clean hands. Each day you insert the ovules, you will put in three one-inch long rolls.

Often it is necessary to plug the opening with cotton or a homemade tampon made of natural sea sponge. You can sew in a thread for easy removal if you like. It is easy to prepare a month's supply at once and keep them ready in the refrigerator. As you will be using a fresh supply every two days, three times a week, you would need nine one-inch rolls per week.

Dosage and treatment

Monday	a.m.	Insert three one-inch ovules into the vagina and leave in *two days.*
Tuesday	p.m.	Douche well with 1 cup of yellow dock or burdock tea. Insert a further three one-inch ovules into the vagina and leave in a further *two days.*
Thurs.	p.m.	Repeat procedure as above.
Sat.	p.m.	Repeat procedure of the douche but do not insert another ovule until the Monday morning. 1 day of rest.

If possible continue through periods. If not, count off the days, and continue with the same weekly schedule when the flow is light enough. Discharges, odours, etc. will occur naturally during cleansing.

Use the female reproductive and women's period pains formulae to complement treatment.

Dr Christopher's book, *School of Natural Healing,* is an excellent and invaluable aid to any practice. Whether it is prolapse, pain, inflammation, venereal disease, etc. these treatments combined with purification and regeneration will help rebuild the most chronic weak organs and tissues.

Prostate/testes/penis

The male reproductive organs are subject to the same influences from toxins spreading through the pelvic cavity. After foundation treatment the following are useful:

1. Prostate formula.
2. Vaginal ovule is inserted into the rectum for male patients. The procedure is otherwise exactly the same. Best during a cleanse where bowel movements are minimal.
3. Chickweed is excellent for swollen testicles. Also for burning and itching genitals. Bathe with strong decoction and use chickweed ointment.

It is interesting to note that 80 per cent of sexual secretions are composed of lecithin, another reason why excessive sexual activity depletes mental energy and activity.

Over the years I have treated many hopeless cases with severe symptoms. Have the faith to apply the principles of treatment and then use specific treatment after that. Make good use of reference works. These treatment suggestions can only point the way. Your reward will be the smiles and appreciation of those who have been relieved of great discomfort.

Holistic relationships: interaction with other systems

Jerns Jernal writes in his article 'The field resonance approach in medicine' that the pineal gland, together with the pituitary and the hypothalamus, directs, via the hormones it produces, the activities of other glands. The pineal gland gives signals to the reproductive system which sets a child's birth in motion by producing a hormone that makes the womb contract and expel the baby. Also, the pineal gland is sensitive to ultra-violet radiation, that is, waves emitted by the sun. When there is no light, the pineal gland produces melatonin, which inhibits sexual activity and fertility. It is found that iron is essential for the production of seratonin which curbs melatonin production and stimulates sexual drive and fertility. Glandular chemistry requires metal ions which react to planetary vibration (e.g. lead to Saturn, iron to Mars, and silver to the moon.) This is one of the ways the glands react to the vibrations in the universe and correspond to various mental attitudes and stresses which are also part of the biochemistry of life.

The pineal gland plays a major role as a receiver and transformer of these universal vibratory signals and then sends messages so that the rest of the body can respond and adjust. No doubt, this process has a lot to do with the adaptive changes that take place over cycles of change in world history.

Another significant function is that the lactogenic hormone (prolactin) stimulates the mammary gland after birth and after placenta expulsion and together with the oxytocin from the posterior lobe stimulates the milk secretions.

The sex hormones produced by all three zones of the adrenal cortex influence the development and maintenance of secondary sex characteristics and increase the deposition of protein in muscles and the reduction of excretion of nitrogen in the male.

When there is hypersecretion of these hormones in adults, females develop male attributes and vice versa. Ovarian hormones, oestrogen and progesterone in response to pituitary secretions call gonadotrophins, set in

motion the phases of the female menstrual cycle. The male testes secrete the male hormone testosterone, necessary for the development and function of the male reproductive organs, puberty changes in the male and the proper function of the seminiferous tubules. The testes are stimulated by the pituitary gland gonadotrophic hormones which stimulate the seminiferous tubules to produce spermatozoa and the interstitial cells of the testes to produce the testosterone hormone.

The thymus gland inhibits the sex glands while children are maturing, and the healthier the gland is, the more one's energy is available for non-sexual expressions of love and warmth. The adrenals accelerate the sex expression, and the thyroid and pituitary glands, also play a major role in sex expression.

Adrenals stimulate sexual expression, so whenever the adrenals are hypoactive due to exhaustion of the sympathetic response or high levels of toxin, the sex glands are weakened. Thyroid and pituitary exhaustion also weaken the sex drive.

The endocrine and circulatory systems

These systems are closely related as the hormones are secreted into the blood and carried all over the body.

Poor circulation affects the thyroid as it takes longer for hormones to reach areas of repair. Wherever a sodium ring (for instance) slows and inhibits circulation, these areas become starved not only of nourishment and cleansing, but also of the hormone crystals required for balancing and tuning the human organism.

There is also considerable influence of the adrenal hormones, adrenaline and noradrenaline on the circulatory system. This sympathetic stimulation to prepare for flight or fight causes a number of dilatory stimulations which increase blood supply, oxygen supply and blood pressure. The blood pressure is also raised by the antidiuretic hormone of the pitiutary posterior lobe when the blood vessels are contracted.

The reproductive and circulatory system

Mother's milk is actually blood without the red corpuscles. Obviously a conscientious health minded mother-to-be would appreciate cleansing procedures which would render the blood stream as clean as possible. As we have learned, this is largely dependent on bowel cleanliness and liver function. The foetus receives its nourishment from the maternal blood, via the circulation of foetal blood between the foetus and the placenta. The health and strength of the baby's growth and development depends on the nutrients and cleanliness of the mother's blood stream. Whenever anaemia hinders the quality of blood and the circulation of nutrients the reproductive system suffers.

The endocrine and respiratory systems

The thyroxine and triiodothyronine secretions affect the utilization of oxygen and increase oxygen consumption. The adrenal medulla secretions in response to sympathetic stimulation cause dilation of the bronchi, allowing a higher intake of air per breath.

The endocrine and digestive system

Pituitary secretions from the anterior lobe affect protein anabolism, absorption of calcium for the bowel and conversion of glycogen to glucose, all related to growth activity. The thyrotrophic hormone stimulates the thyroid's uptake of iodine. Thyroid activity influences the rate that digestion moves through the bowels, thus affecting the absorption of nutrient. Thyroxine and triiodothyronine influence carbohydrate absorption and metabolism. Hyperthyroidism causes loss of weight together with increase of appetite. Adrenal stimulation slows peristalsis and limits saliva flow so that energy is released for flight and fight. Secretions of the adrenal cortex, hydrocortisone and cortisone, regulate carbohydrate metabolism, the change of glycogen to glucose, and the utilization of carbohydrates derived from protein. Of course, the pancreas plays a vital role in digestion. Secretions from alpha cells act on the liver to break down its sugar store or increase sugar concentration in the blood. They also affect the breakdown and metabolism of fatty acids and the conversion of amino acids to glucose (protein metabolism). The beta cells secrete the protein insulin and influence the uptake of sugar.

The endocrine system and the lymphatic system

The thymus is the ambassador of the lymphatic system in the endocrine system. Before puberty it is a source of lymphocytes. It secretes thymosin hormone which enhances the development of T' lymphocytes, which secrete a substance that attacks the protein of certain tumour cells, foreign cells, microorganisms etc. This plays a significant and essential role in immunity and body defence. It is interesting that this gland, which functions better in a loving person, secretes the substances which attack and destroy invaders to the organism.

The endocrine system and the nervous system

The endocrine and nervous systems work together for harmonious communication and coordination of the internal environment, a condition of health and balance called homeostasis. Nervous system messages travel along the nerve pathways, but hormone secretions are chemical agent 'crystals' which pass directly into the blood stream and are carried to their destination. Thyroxine and triiodothyronine secretions from the thyroid influence nerve stability and proper nerve activity. Hyperthyroidism causes increased mental and physical activity which could be very wearing on the nervous system. The sympathetic system stimulates the adrenals to secrete hormones to prepare for flight or fight response.

The endocrine system and the muscular system

The muscular system is involved in the growth processes guided most directly by the thyroid. A hypothyroid condition stunts growth and the development of muscles and body tissues, while hyperthyroidism increases this activity, but often with a loss of weight. Also, the pituitary secretions from the anterior lobe affect the thyroid controlling growth and activity. The thyroxine and triiodothyronine hormones from the thyroid also affect the growth and maintenance of skin and hair. There is an effect in hypothyroidism which causes muscle spasms known as tetany, and in

hyperthyroidism, weak muscles. Excess calcium due to malfunctioning parathyroids can also be deposited in tissues such as the arteries, lungs, etc. Adrenal stimulation causes 'goose flesh' and increased sweat gland activity in the skin. It also causes muscular sphincters in the anus and urethra to become inhibited. Whenever there are hypersecretions of hormones from the adrenal cortex, muscle wasting due to protein breakdown excesses, and muscular weakness due to potassium loss through kidneys takes place. The antidiuretic hormone from the pituitary posterior lobe contracts smooth muscles of intestines, gall bladder, urinary bladder and blood vessels. Skin pigmentation may be affected by secretions from the middle lobe of the pituitary.

Endocrine system and the skeletal system

The anterior lobe of the pituitary secretes growth hormones, one of which determines the growth of long bones, and the other absorption of calcium from the bowel which would affect the nutritional side of bone growth. The relationship of the parathyroids to the skeletal system is very close, as hypoparathyroidism causes usable calcium to be reduced in the blood (hypocalcaemia) and hyperparathyroidism causes the calcium level to be increased in the blood (hypercalcaemia). The hyperparathyroidism causes softening of bones, destruction of bone, and the development of fibrous cysts on the bones as the calcium is drawn out of the bones and is either deposited in arteries, lungs and other tissues, or secreted in the urine, often causing renal calculi. This condition should always be considered whenever the sodium ring or parathyroid markings are evident, as well as in cases of arthritis and rheumatism. Excessive bone growth of face, hands and feet is the result of hypersecretion of pituitary glands.

Endocrine system and the urinary system

The posterior lobe of the pituitary gland secretes an antidiuretic hormone which maintains the body's water balance, and adjusts osmotic pressure. The hypothalamus stimulates or inhibits this secretion and lack of this hormone results in large amounts of urine being excreted. Bladder function is inhibited by sympathetic stimulation of the adrenal gland. The adrenal cortex is involved with water metabolism via aldosterone (secretion stimulated by kidney angiotensin secretion) and controls excretion of potassium and reabsorption of sodium.

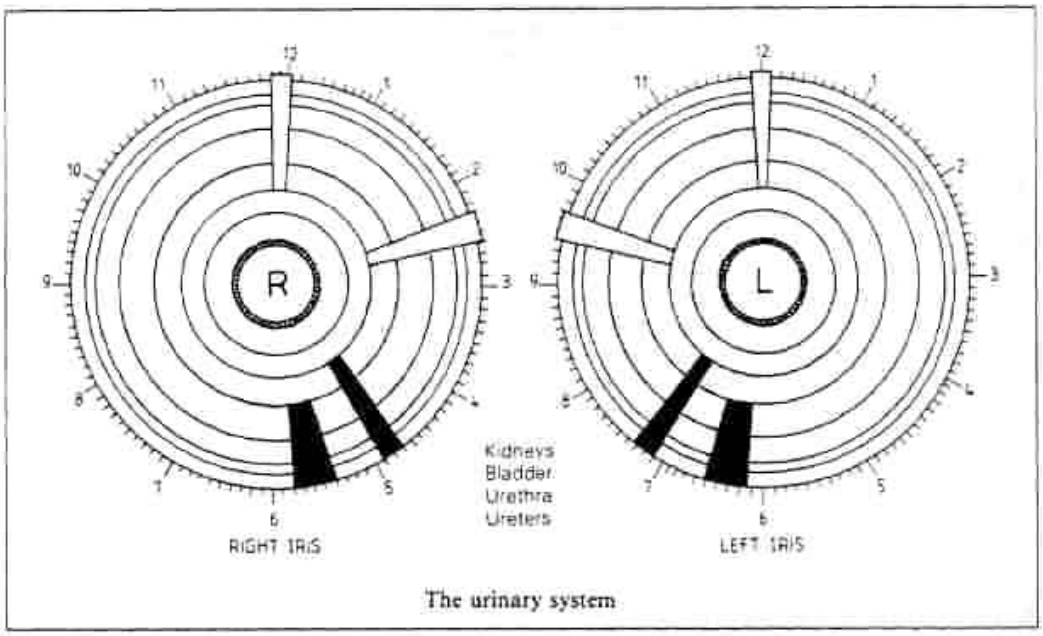
THE URINARY SYSTEM

How the urinary system works

Water is the sea in which all the cells of our body float, the ocean, the mother of all life. The nature of water is to seek the lowest place, and it falls until it is released from the body. Water becomes part of our body through eating, drinking and skin absorption. Water is released through the urine, exhaled during respiration and through the skin. The heat of our body fire releases water into gases.

Both absorption and elimination of air and water take place on the skin's surface. We can live for a reasonably long time without food, a shorter time without drink, and only three minutes without air.

The urinary system is an eliminative channel for urea, toxins, metabolic by-products and unessential chemicals dissolved in water. It also plays an important role in maintaining electrical, chemical and concentration balances as well as working to preserve a constant acid-alkaline balance. Before elimination occurs, discriminatory processes monitor, then balance the blood. Only what is truly not needed is allowed to pass out, and this varies from person to person and moment to moment. What is passed out one day is retained the next, as the body constantly adjusts to maintain balance in a constantly changing input of water, foods, and environmental influences. When this process breaks down so that this discriminatory function is inaccurate, the body secretes what is needed and continues the progression towards illness at an ever increasing rate. This is where the value of auto-urine therapy is of paramount importance, because it replaces what is being lost so the body can work to return to balanced normal function. Whenever the body is over-acidic, the urinary system suffers the most, as it has to work overtime to try to eliminate and balance the acid alkaline in the blood. It is very important in such a condition to eat alkaline foods and to drink as much fluid as possible. Whenever other eliminative channels fail or work inefficiently it is also the kidneys which take on the extra burden. The acupuncturists refer to the kidney energy as the bottom line energy. The kidney meridian is one which runs up the centre of the body. When a person stands up straight they reflect strong kidney energy. According to their view of the body, the kidneys also store energy which is drawn on in different times. Kidney energy is the slowest to regenerate. Adrenal and kidneys are very close when we consider such subtle aspects of the urinary system.



The urinary system

The Japanese macrobiotic students consider excess yin to be a water disease, affecting kidney function. Homeopaths refer to the hydrogenoid constitution, where there is an excess of water. Here of course, the urinary and lymphatic systems would both be intensely involved in such an imbalance.

The urinary system in the iris

Kidneys

Inherent weaknesses are commonly recognized in iris analysis. Sometimes the lacunae are on one eye and sometimes on both. Look for the kidney medussa, an arc, usually white, which radiates in a curve from the adrenal by the ANW down on both sides of the kidney. European iridologists recognize this sign as an integrated dysfunction of the kidney/adrenals, together with inflammation.

White or pink/red vascularized *reflexive fibres* signify irritation. When they are combined with darker openings where the fibres separate this is a stronger indication of chronic trouble.

Radials from the anxiety area opposite the kidney adrenals stimulate the adrenal hormones which affect the kidneys when filtering blood. This shows the close relationship between the SNS and the adrenals.

Lymphatic tophi show as white inflammatory clouds in the outer zone, or as yellow to brown when toxins collect in the kidney area.

When *nerve rings* stop and start in the kidney zone, this indicates a relationship between the two areas of the iris. Often the other end of the nerve ring lies either in the lung, throat or medulla area, showing the relationship between these areas in the body as reflected on the iris map.

Bladder

Whenever kidneys show abnormal iris signs always check out the bladder area, and vice versa.

Kriege gives evidence for *radial* relationships between bladder signs and ear areas. This radial differs on the right iris (hereditary) and on the left (infection). When the ears open up as an eliminative channel, this shows a failure of the other eliminative channels and the blood purifying organs.

White *reflexive fibres* together with *lymphatic clouds* and wisps indicate acute inflammation, pain, excess mucus and catarrh.

Nerve rings will suggest pressure, cramps or irritations.

Dark colours in the bladder indicate hypofunction, muscular weaknesses and an overload of toxins.

Lacunae extending into the fifth zone warn of the possibility of cystic paralysis. Opening of fibres and other lacunae close to the ANW reveal connective tissue weakness and impaired circulation and elimination.

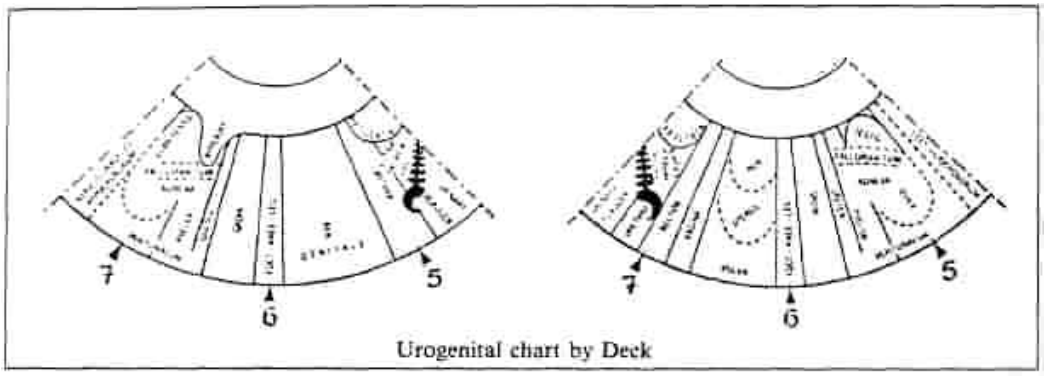
Uric acid diathesis constitutional type

Josef Deck identifies the iris type associated with hereditary or acquired susceptibility to weak urinary function, together with excess acidity. The blue eye will show a whitish grey colour, like large clouds or plates in the zones from the ANW to the ciliary edge. In brown eyes, this colour is more greyish brown. The tendency is towards rheumatic diseases, gout and the formation of stones.

Although this is a hereditary condition, it is worsened by incorrect lifestyle. Because of the tendency to retain and deposit uric acids, foods with excess acidity, stimulants, excess protein, high levels of meat eating, fats, cholesterol, etc. will increase the problem. Therapeutic indications

include alkaline foods, stimulation of other eliminative channels and kidney function together with an increase in urine secretion.

Because Deck's work on the urinary system is highly developed we are including a copy of his iris chart which shows a different, perhaps more accurate map of the urinary system. For treatment for the urinary system, please see Chapter 4, pages 133 to 135.



Urogenital chart by Deck

Holistic relationship: interaction with other systems

The urinary system and the nervous system

Emotions affect the nervous stimulation of the bladder via the sympathetic nervous system and the heart centre. The SNS relaxes the bladder and the PSNS contracts it. When we are nervous or anxious we pass water more often. Although there is a reflex action of pressure release of the bladder it can also be controlled by the will. The bladder is controlled by both the hypogastric plexus, sympathetic nerve fibres and pelvic nerves. In acupuncture the kidneys are said to control the nervous system - and the kidney energy rises up the central meridian.

The urinary system and the digestive system

As electrolytes are tissue salts such as sodium and potassium chloride, they are excreted to balance what is taken in food or drink. The composition of the urine depends on what is passing through the digestive system. This is also true especially of the ingestion of proteins (particularly meat and acidic foods) as this increases the amount of uric acid which needs to be excreted. It is also important how much fluid is taken in as the kidneys work to maintain water balance in the body. Imbalances of body chemistry together with other factors, cause the formation of renal calculi. Fluids are also taken up in the large colon, some of which will proceed via the blood stream to the kidneys to be eliminated. Constipation, and the retention and distribution of toxins in the pelvic area, will weaken the kidneys.

The urinary system and the circulatory system

Urine is closely related to the composition of blood, both in terms of concentration of salts and the acid alkaline balance in the blood. Blood is filtered through the kidney glomerulus, letting the plasma salts, glucose and small substances through. This glomerular filtrate passes along renal

tubules, retaining or excreting varying amounts according to the needs to maintain the balance of the blood. We can recognize and admire this selective discrimination. In astrology the sign of Libra describes this balancing process. It is important that an adequate blood supply reaches the kidneys at all times. Poor circulation and low blood pressure inhibits the proper function of the kidneys, and may cause renal failure. Left iris bladder/ear radials need to be correlated during interpretation with aortic signs, as circulation of blood would be a significant factor.

The urinary system and the lymphatic system

The urinary system contains lymphatic fluids throughout all its parts. Proper drainage of cell wastes and defence against infections is especially important in the pelvic area. As the pelvis often collects excess stagnant lymph fluids it is important to assess these factors in any analysis.

The urinary system and the endocrine system

The adrenals sit on top of the kidneys showing off the close relationship and intertwining function of these parts of the urinary and endocrine systems. The adrenals are our flight or fight centre, manifesting strength and staying power. They show the subtle aspect of how strength and power must have the foundation of balance and discrimination. When adrenal hormones are inadequate the kidneys excrete too much sodium and Addison's disease results.

The urinary system and the reproductive system

Often referred to as the *urogenital system.* In the male, both urine and sperm pass through the same organ - the penis. In the female the urine passes close by the vagina. Any unhealthy condition of either system closely affects the other.

The urinary system and the muscular system

The muscular system holds the pelvic organs in place and the condition of these tissues in terms of nutrition and adequate elimination influences the health of the organs themselves. Any prolapse from above will cause pressure and displacement of the urinary system, and perhaps impaired or painful function. The quality of the muscular tissue in the bladder, together with proper nerve supply, determines bladder balance and maintains body temperature.

The urinary system and the skeletal system

The skeletal system supports the pelvic cavity, giving a framework for the organs. Proper posture and position of the vertebrae affect nerve supply to the kidneys. Often when people complain of pain in the lumbar region it is actually kidney pain. Tense muscles caused by spinal displacement also influence the kidneys.

The urinary system and the respiratory system

The close relationship of lungs and kidneys comes out of their similar functions of blood purification, and the intake and exhalation of air. Kriege makes the point that there is no lung TB without kidney signs in

the left iris. As they are both eliminative channels the function of one affects the function of the other.

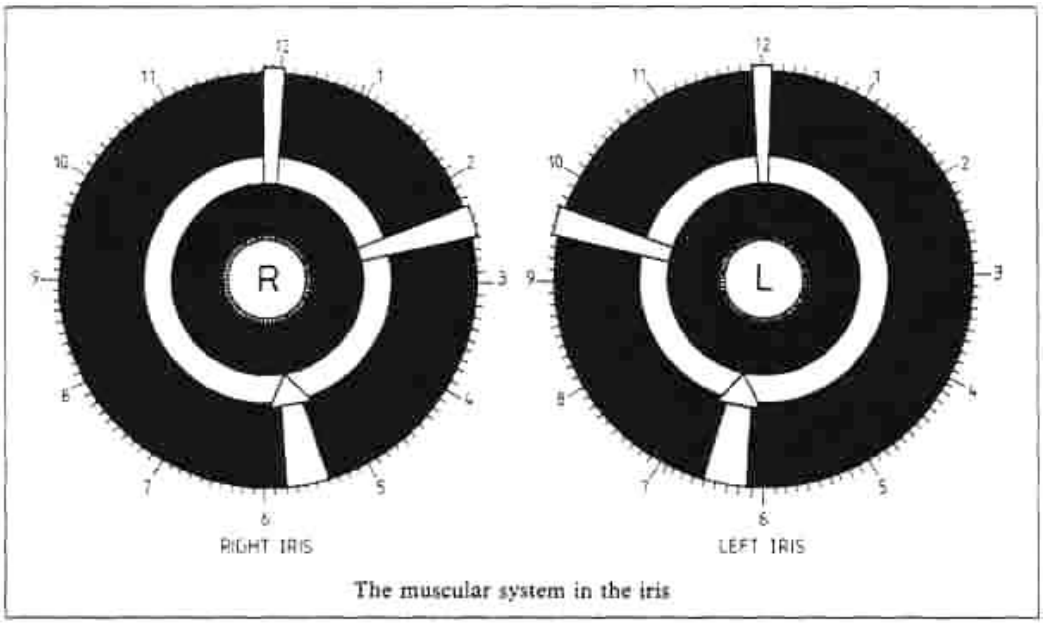
THE MUSCULAR SYSTEM

The quickest way to understand the muscular system is to imagine it as the largest organ in the body. It is made up of billions of cells vibrant with dynamic life processes. It is a connecting system, holding everything in place and allowing movement. All the nerve and fluid pathways move through it, activating it, nourishing it and eliminating its toxins. The skin which is the interacting edge or body frontier, allows direct absorption from the outside environment as well as elimination from the pores. Movement itself takes place because of the close interaction of bones, muscles and nerves, in a most complex and sensitive way.

Posture and the wide range of movements, as well as digestive pulsations and the processes of body organs, all maintain life and produce heat.

The following description of the workings of the hand from *I Am Joe's Body* by J.D. Ratcliff, gives an indication of the complex workings of the muscular system. 'Structurally, we are the most intricate components of Joe's body. In no other part of the body is so much machinery packed into so small a space ..... I have thousands of nerve endings per square inch, most heavily concentrated in my fingertips. Sensitivity here is extraordinary .... My tendons are the power trains, the connecting linkup between my many jointed bones and the remote muscles which move them (Joe can feel tendons in his forearm move when he flexes a finger). For binding material I have a maze of ligaments, plus fascia, which is a layer of connective tissue providing foundation material for nerves, blood vessels and other components. I don't have room for a big network of arteries and veins, but I do have a rich network of capillaries ....' This gives an excellent description of the complexity and diversity of the interrelated parts which make the muscular system so efficient in its ability for movement from the most strong to the most delicate, from quick to slow, from coordinated smooth action to rough jerky movements, etc.

It is good to remember the most important muscles, the diaphragm and the heart. Both these muscles begin working when we are born and never stop until we die. Both respond to internal rhythms, the heart beat and the pulse of the diaphragm marks the breathing pattern of the individual. We can only pause to admire the power and strength of these internal muscles and the vital role they play in our lives.



The muscular system in the iris

The muscular system in the iris

Heart, lower bowel, rectum, anus, bladder, all muscles, tendons and ligaments surrounding the spinal area and scapula, oesophagus, tongue, mouth, nose, facial muscles around the jaw, eye, neck, shoulder, chest muscles, arm, hand, diaphragm, abdominal wall, groin, the leg area, and vocal cords: all these can be seen in the iris.

Markings in the scurf rim iris zone

Comb-like concentric lines within the scurf rim denote excessive perspiration, and the suppression of toxins as the lines move further inwards. Areas of distention indicate catarrhal encumbrance in corresponding organs. These lines are commonly found in the lung area where the suppression of catarrh is often caused by treatment of symptoms. Look for a bulging out on the iris at Left Iris 3 pm and Right Iris 9 pm. This can also occur in the larynx, pharynx and naso-pharynx areas. The brain zone is another major zone for the appearance of these lines which indicate passive congestion and encumbrances causing symptoms of dullness, lack of concentration, impaired memory, poor circulation in the scalp and tissues, dandruff and hair loss. When the spleen or liver areas are marked by these lines this would suggest the absorption of poisons by these organs has resulted in suppressed fevers, such as measles, chicken pox, scarlet fever and smallpox.

Dark spots in cerebral area **i**ndicate suppressed scabies and hair lice as well as headaches and epilepsy.

Scurf rim domination of left or right irides can be the result of reposing on only one side during sleep where the constant pressure on one side inhibits both circulation and lymphatic drainage. This may also relate as to

whether the congestion is more to the interior of the body (when it is medial) or to the exterior (when it is lateral on the irides).

Dark spots on generative organs denotes suppression of gonorrheal or leucorrheal discharges.

Dark spots on the anal area occur when this area is irritated by haemorrhoids, itching, fistulas and fissures. These iritations often have reflex disturbances the nervous system, because of the constant irritation and influence on the sympathetic nervous system.

Dark spots on the foot area indicate chronic perspiration, which is actually an imbalanced elimination which compensates for inactive kidneys. This can be a danger signal for impaired vital functions as suppression causes serious conditions, both physical and mental. *Hereditary lesions* are dark spots surrounded by white borders when they appear in the scurf rim. Ask the patient about their mother's and father's illnesses, weaknesses and cause of death.

Deep dark scurf rims manifest in the irides of those who perspire profusely, due to chronic inflammation of the sweat glands caused by the retention of poisons, as excess perspiration produced in this manner is a secretion of local moisture by the sweat glands and is not effective as systemic drainage. Daily cold baths can also cause hyperactivity or over-irritation of the sweat glands.

Inherent weakness lesions indicate that the connective tissue and muscles are weak, lacking in recuperative power, and ability to absorb nutrient and eliminate wastes is hampered. When the lesion is coloured, this also adds to the interpretation, depending on whether it is white, yellow, brown or black.

White colours may appear in several different ways.

1. lymphatic congestion
2. acidic radiations from fermented bowels, and as a part of the uric acid diathesis lymphatic type which retains uric acid deposits in the tissues of the nose, ear, throat, vagina, etc.
3. exudative arcs showing acute eliminative processes (often via mucous membranes)
4. reflexive fibres suggesting pressure and irritation in the tissues
5. whitened nerve rings showing spasms and muscle contractions
6. sodium/calcium ring or hypercholesterol rings
7. transversals indicate a variety of conditions depending on their pattern:
    a. inverted V or rooftop transversal commonly found in the hip, leg zone and the pelvis and spine suggests inflammation due to arthritis.
    b. Crossed transversal (like an x or a y) accompanies pelvic inflammatory diseases, particularly in the pelvis, adrenal and abdominal areas of females.

c. Submerged transversals (they move in and out like weaving) indicate adhesions and scarring and the low grade infection and inflammatory process which causes them. This is common in women's irides.

8. Josef Deck seriously considers areas of the iris which 'brighten', where defects or pigmentation are surrounded by a lightened area, indicating inflammatory and destructive processes.

Yellow to brown colours indicate sluggish activity and deposits of incomplete enzyme activity.

Dark brown psora show inherited weakness and toxins which inhibit and block normal function.

Black is indicative of destructive processes in the advanced stages of chronic disease.

Contraction rings tell the story of the relationship of the nervous system to the muscular system, where irritative tension results in lasting contractive spasms, which inhibit the normal flow of fluids carrying nutrient and wastes.

Radii soleris reveal the pathways of toxic secretions into various areas of the body.

Treatment of the muscular system

The following principles should be observed:

1. Evaluate, balance, and restore the function of all the eliminative channels.
2. Provide adequate nourishment and the means of balancing body chemistry so that food is assimilated.
3. Support blood purifying organs such as the liver, and the respiratory and urinary systems.
4. Stimulate and strengthen the heart and the circulatory system to carry the nutrient to all the tissue cells.
5. Nourish, relax and relieve the nervous system.
6. Make sure the respiratory system is providing enough oxygen.

In addition, the following natural therapies are useful:

1. osteopathy and chiropractic
2. body work of all kinds: reflexology, massage, rolfing, connective tissue massage, Alexander technique, shiatsu, Esalen massage
3. aromatherapy and herbal baths
4. fomentations and poultices
5. exercise, stretching, activity of all kinds to keep life processes moving through the tissues
6. proper function of the skin

7. lymph drainage massage

The following herbal formulae can be tried:

1. Body building formula
2. Calcium formula
3. Seaweeds for minerals in balanced proportion. Alkaline formula
4. Multi-minerals/vitamins naturally formula

Skin diseases

It is important to mention here that skin diseases reflect the unhealthy condition of total body function, usually involving bowel toxins, inactive skin elimination, poor liver ability to purify the blood, inhibition of other eliminative channels, inadequate respiration, improper diet and living habits and reduced nerve function. When the skin becomes an eliminative channel, one approaches treatment as follows:

1. Analyse the irides so that your treatment can relieve the skin by reducing internal toxins.
2. Reduce intake of toxins, processed foods, mucus forming foods and wrong combinations of food.
3. Put the patient on a purification and regeneration regimen.
4. Treat the skin direcly via ointments, baths, poultices and fomentations.

The skin forms a triad with the respiratory system and the urinary system. The function of each affects very closely the functions of the other. Look at the skin zone in the iris, make your evaluation and then proceed with unified holistic treatment.

Holistic relationships: interaction with other systems

The muscular system and the circulatory system

These two systems are closely interlinked. The arteries, veins and capillaries pass through this system, providing nourishment and removing toxins. It is very important that the force and range of circulation is complete and that some areas are not deficient. The blood vessels in the skin area play an important and complex role, radiating heat on hot days to get rid of excess and holding heat in on cold days to retain body heat. The heart muscle provides the force for circulatory fluids to move throughout the body.

The muscular system and the respiratory system

As discussed in an earlier section, the waves of inspiration and expiration at the cellular level are essential to healthy tissue life which requires oxygen and the elimination of wastes. Muscles such as the diaphragm provides the lungs with the ability to inhale and exhale.

The muscular system and the digestive system

Muscles form a very important part of the digestive process, beginning with the opening of the mouth, chewing, swallowing, continuing the involuntary peristalsis of digestion as it moves through the

gastro intestinal tract to the elimination at the anus by sphincter muscles. The digestive system provides the nourishment to build and maintain the muscular system.

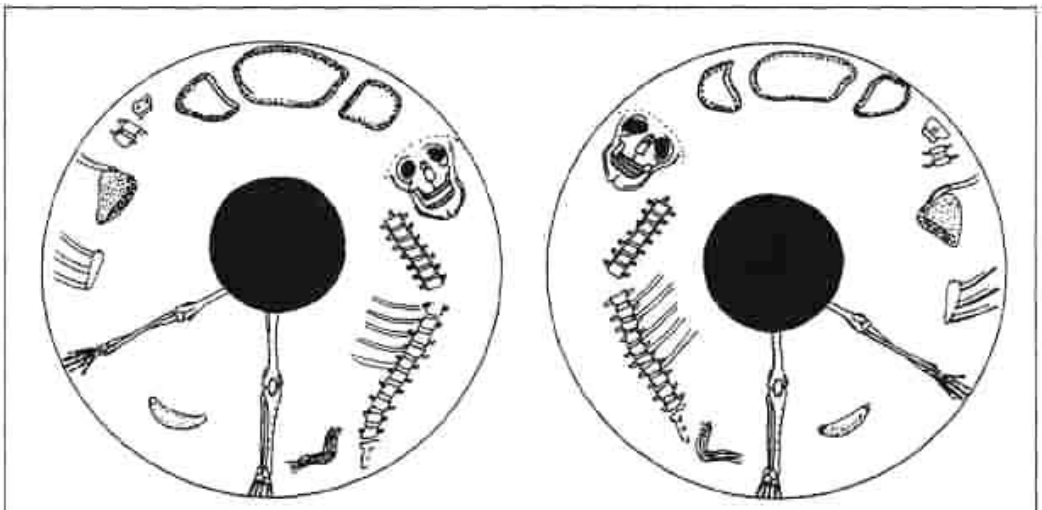
The muscular system and the urinary system

Bladder muscles govern the retention and elimination of urine. The urinary system helps to relieve the body of tissue wastes and uric acid wastes released by muscular activity.

The muscular system and the nervous system

The nervous system provides the stimuli to move the muscles. In *I Am Joe's Body* the author refers to an area of skin the size of a fingernail and about one eighth of an inch thick, as containing 12 feet of nerves! Thousands of messages to and from the brain are necessary for even the simplest of movements. Whether the nerve impulses come from the central nervous system or the autonomic nervous system, the activation of conscious and unconscious muscles is a miracle of engineering.

THE SKELETAL SYSTEM



The skeletal system in the iris

Cranial bones
Facial bones - frontal bone, orbit, nasal bone, upper and lower jaw and teeth
Cervical vertebrae
Ear bones
Shoulder and clavicle bones
Scapula bones
Spine and ribs
Sternum and ribs
Hand and arm bones
True pelvis
Pelvic crests
Foot and leg bones

It is very easy to take the skeletal and muscular systems for granted, to be unconscious of the incredible microscopic world of metabolic

activity existing in their living tissues. Here we have an opportunity to challenge our perspective of reality, to explore the inner world of microcosmic space, to imagine, magnify and visualize the beauty and power of living tissue. Those fortunate enough to have seen the TV documentary of the inner world of the male and female reproductive processes have glimpsed some of the power and beauty of these usually invisible and mysterious internal processes.

The bones are the densest, hardest crystallization in the human body, yet within the hard framework are spaces which are very much alive and vibrant with life. The bones of a living person are living tissue, almost a forgotten world, sheltering processes like the manufacture of red blood cells and white lymphatic leucocytes in the red bone marrow, and the storage and release of calcium.

Blood vessels circulate supplies of food and oxygen to the cells inside the bone. The bone itself is a living tissue containing osteocytes which live in small spaces in the bone, connected to each other by canaliculi which lead to the large haversian canals which contain the capillaries. The canaliculi distribute food and oxygen via tissue fluid to the osteocytes.

The periosteum sheath which covers bone is a fibrous cellular vascular and highly sensitive life support, being a source of bone developing cells during growth and after fracture.

Bone is the hardest connective tissue in the body even though it still contains nearly 50 per cent water. Mineral and cellular matter make up the rest of the composition of bone. A proper balance of digestive and endocrine function is essential so that bone does not suffer from too much or too little nutrient. Adequate circulation to all parts is essential so that the nutrient can be drawn up into the bone.

Iris signs in the skeletal system

The most significant information about the skeletal system is found on the spine area. This is very important information for practitioners of osteopathy and chiropractic. Here analysis and interpretation can be made concerning balance of chemistry, weakness, inflammation, and the effect on the muscles and autonomic nervous system.
Also significant are the readings of the leg area and the pelvic bones. Remember the circular zone for bone markings, and that lesions or reflexive signs, or radials coming from the nerve wreath are an indication of nerve and bowel irritation, not bone markings. These ANW signs may indicate the effect to the nervous system through spinal damage or weakness.

White signs in bone areas indicate inflammation and pain, an acute condition, as well as more long term arthritis and rheumatism.

Darker signs in bone areas mean that the condition is more chronic.

Small black defect markings show intervertebral disc injuries together with small sclera vein markings pointing to that area.

Structural lesions means weakness, either inherited or caused by accident or stress.

Yellow to brown colours indicate the sluggish, toxic condition of metabolic processes in these areas.

Treatment of the skeletal system

Balancing any disease of the skeletal system requires consideration of nutrition and digestion, evaluation of the endocrine system (particularly the parathyroid control of calcium levels in the blood), and the strength of the circulatory system. These points would be considered after the evaluation of the eliminative channels and weakest organs and systems and a total plan of purification and regenerative treatment had been formed.

As the skeletal system is held in place by the muscular system, it is always essential to consider the play of mind and emotions which pull the muscles into patterns of tension which would offset correct posture and affect the skeletal system.

Equally important is how one walks and moves. Alexander technique provides a superb treatment designed to reconnect one's consciousness into a pattern of harmony together with strength and flexibility of muscles.

One's very life is reflected in the way one stands. The balanced position of the foundation pelvis is essential. Tai chi provides a marvellous exercise where you stand with your legs straight under your pelvis. First you become aware of your feet relaxed and sure on the ground, your body standing straight above them. Then you imagine that you are suspended along the spine by a string from the top of the head. A lovely soft relaxed posture results when you hold your neck, head and shoulders from this string, the rest of the body hanging from the head. All is in place, your nervous system is free, muscles are balanced and relaxed. The body is in equilibrium in its environment so that the flow of energies and fluids can take place. The miraculous life processes of the body can now work unhindered.

Whenever there are suspected spinal displacements it is essential that the patient be treated by an osteopath or chiropractor. The treatments described here together with these adjustments have produced amazing successes.

A patient referred to me suffering from dizziness and lightheadedness was told he may be suffering from Meniere's disease. The family was upset and the man visited several specialists both in England and Europe, feeling quite hopeless. When he was recommended to me for treatment the consultation revealed that the signs had occurred after minor neck injuries from family play and work. Iris examination revealed a small inherent weakness in the ear area and marks on the cervical vertebrae. Herbs, diet and four visits to the osteopath cleared all symptoms to the family's great relief.

Herbs

1. Body building formula
2. Alkaline formula for the high balanced mineral content
3. Comfrey (knitbone) to help rebuild spinal areas or heal fractures
4. Thyroid formula to help balance parathyroid function
5. Calcium formula to provide adequate nutrition. Calcium is also essential for pregnancy when the foetus bones are forming, and during nursing when the child's bones are growing and developing. As a person ages it is essential that the system does not get overburdened with excess inorganic calcium or suffer from lack of calcium. The balance of calcium/phosphorus is essential for proper growth and maintenance of the skeletal system. Vitamin D is also essential to promote the absorption of calcium, necessary for bone calcification.

Other treatments

1. Exercise
2. Osteopathy and chiropractic
3. Fomentations on the spine (see Jethro Kloss, *Back to Eden)*
4. Comfrey poultices on fractures or sprains
5. Slippery elm and lobelia poultices on congestion and inflammation

A really superb description of the bone organs and their important functions are in the chapter on the thighbone in *I Am Joe's Body* by J.D. Ratcliff, essential reading for anyone wanting to visualize body processes. To quote,

> 'Bones are *organs,* with a host of responsibilities beyond supporting Joe's body. We contain virtually all the body's mineral supply - 99% of his calcium and 88% of his phosphorus, for example, plus smaller amounts of copper, cobalt and other essential trace elements. As a high turnover warehouse we operate 24 hours a day, moving inventory in and out.
>
> We also have a busy manufacturing division - our marrow. In a single minute, 180 million of Joe's red cells die of old age. Joe's spleen and his liver supply a few replacements but the vast bulk come from us. In the spongy interior of our marrow chambers we also produce most of the white blood cells that protect Joe from infection ...
>
> My role in storing and releasing calcium is crucial. It is via the blood that I transact all of my business - I have, of course, my own surprisingly rich supply of blood vessels. I expose my mineral crystals to the current, plucking excess calcium from the blood or supplying it when there is a lack. The surface of crystal we bones expose to the bloodstream is vast; all flattened out, it would cover 100 acres of land!'

Holistic relationships: interaction with other systems

The skeletal system and the muscular system

The muscular system holds the skeletal system in place, both systems being large organs of microcosmic activity. A total of 400 muscles and 1000 ligaments support the spine. It is important to exercise, stretch and strengthen muscles, and keep one's posture upright so that muscles do not become weak. Environmental considerations such as chairs, beds, work,

living habits etc. can cause problems which will affect the structural system through the muscles.

The posture reflects the mental and emotional attitudes of the individual. A straight, balanced spine relieves the nervous system of distress and allows muscles to hold and move the body in a relaxed way, without imbalances and tension.

There is a tendency in some areas of alternative medicine to regard the subtler energies as higher or superior. One must move from that prejudice to the holistic point of view where all parts contain the whole and all support and complete each other. The activity of the hardest densest bone matter is essential to the completion and polarity of the subtle energies. Health is balanced function of the whole. When we choose a part and concentrate on it to the detriment of the whole that attitude is not superior or higher. These subtle points of consciousness are essential to the evolution of a student of iridology. We are involved in a new way of perceiving life in the body, that is slowly transforming us. The holding on of prejudices or outdated limited views of consciousness will limit your effectiveness as an iridologist.

The skeletal and the nervous system

Here, the support of the skeletal system allows the free flow of nerve impulses when the spine is straight and balanced. Pain, inflammation, diminished nerve flow, all these symptoms and considerations are **a** result of misplaced vertebrae, and a spine out of alignment.

The skeletal system and the digestive system

The skeletal system is built out of the nutrient circulated in the blood stream. A full and complete diet is essential for proper bone development and maintenance in all stages of life. Correct alignment of vertebrae related to autonomic nerves which govern digestive functions is essential to the functions of the digestive organs. Calcium is also stored in the bones, to be released into the body when needed.

The skeletal system and the circulatory system

The skeletal system is dependent on the circulation of blood to receive the nutrient for its growth and development. Weak circulation, toxic blood, a labouring heart, all of these will limit the level and quality of blood exposed to the surfaces which absorb nutrient into the structural system. Exercise is also important here, as it plays its part in the movements of blood and lymphatic fluids throughout all parts of the body and into the capillaries. Here the structural system plays an active contributory role by its manufacture of red blood cells. The blood also transports calcium released by the bones when needed. It is stored in the bones until required.

The skeletal system and the respiratory system

The skeletal system is affected by respiration which is closely integrated with the circulatory system. The movement of oxygen and nutrient throughout the body and the exchange of wastes has been fully

discussed in an earlier section. The skeletal system, while dependent on the other systems, contributes its support and nutritional balancing.

The skeletal system and the endocrine system

The parathyroids play a crucial role in monitoring blood calcium levels. The bone builders or bone destroyers absorb or release calcium from or to the blood stream as required. Whenever imbalances occur, whether too much or too little calcium in the bones or the blood, the parathyroids would be involved as well as other causes, such as improper diet, high mineral levels in food and water, and the contributing role of toxic and weak organs and systems. Endocrine secretions from the pituitary determine growth patterns and the length of the long bones.

The skeletal system and the lymphatic system

The lymphatic system provides the means of transporting wastes out of the structural system and the skeletal system produces a major part of the white lymphatic leucocytes, so necessary to fight infection. In this sense the bone marrow of the skeletal system is an essential part of the lymphatic system.

The skeletal system and the reproductive system

It is very important that proper nutrition be provided when the foetus is being formed, and after birth, during nursing, when the infant is dependent on the mother's milk provided by the mammary glands. There is a great interest now in preconception regimens which attempt to balance and build up a complete nutritional level to provide the essentials of human life from the earliest stages of conception.

The size and shape of the pelvic skeleton, and its flexibility, will also influence the birth processes. Difficult births are often the result of improperly formed bones during childhood years due to lack of or inadequate nutrition. The chain of body weakness can be broken as regards hereditary and generations, if the patient is willing to do the work of developing and maintaining healthy natural living. Children conceived and born after the parent's completed purification and regeneration programmes do not inherit their parent's weaknesses. The child's tissue integrity is at a higher level than the parents. It is important to know that how we live our lives will affect the lives of our children, their children, and so on.

The skeletal system and the urinary system

The urinary system is easily affected by lower back weakness and misalignment of vertebrae. Often people find it difficult to distinguish between back pain and kidney pain. Proper nerve supply allowed by the correct position of the spine is essential to urinary function.

Chapter 6

Putting it all together

THE TRUE PHYSICIAN

Almost anyone can study iridology, memorize the symbolic language, recognize the markings as they appear in the iris, and learn by rote what treatment should follow what sign. However, the sensitive practitioner will observe far more than the concrete facts. Each living iris will be a unique experience. He or she will not follow rules and regulations and try to make the individual iris fit set patterns. He or she will find the truth of each living iris even if it takes him or her to frontiers of uncharted territory. In many ways an iridologist is like a detective or an explorer who creates a synthesis of each person's iris print, who approaches each patient's eyes with reverence and awe for the miracle of life and how it manifests itself in the iris.

There is an intuitive, subjective element in iridology as there is in every branch of medicine. The true physician looks beyond objectively observable data and sees directly into the inner person. Paracelsus wrote, 'That which is perceptible to the senses may be seen by everybody who is not a physician; but a physician should be able to see things that not everybody can see. There are natural physicians and there are artificially made physicians. The former see things which the latter cannot see, but the others dispute the existence of such things because they cannot see them. They see the exterior of things, but the true physicians see the interior. The inner man is the substantial reality; while the outer one is only an apparition; and therefore the true physician sees the real man and the quack sees only an illusion.'

Said J.C. Burnett, 'I don't look where you look, I let my imaginations play about a case.' It was by such 'looking' and such play of his imagination that Burnett was able to see a nexus between the ringworm parasite and the bacillus of tuberculosis, which further led him to cure many cases of ringworm with Bacillinum or Tuberculinum, which in his day was not to be found in *Materia Medica* or *Repertory*.

William Blake was not a physician, but he was a Seer. He wrote, 'My business is not to argue and compare; my business is to create. I must create a system for myself, or else be the slave of some other man's.' 'Let him who has power to be his own not be the property of any other man' is Paracelsus' way of saying the same thing.

True physicians follow their own genius without being fettered by authority, be it Hippocrates, Hahnemann, Galen, Avicenna or Culpepper. Every physician must create his own system from his own experience and from the teachings of others. Other men's works provide the nutrient required to form the egg of mental concepts. Wisdom is hatched later out of experience. Those who can put their experiences into a shape that enables others to make them live again are true teachers who guide students to their own truth.

INTERPRETATION

If the interpretation is done in stages it is easier to come up with a balanced diagnosis which has evolved out of a combination of observation, intuition and analysis.

The first impression of an iris reveals a mandalic pattern. What stands out as the most important signs or patterns reveals significant predispositions. The iris has already manifested outstanding signs in selected areas.

During the iris reading the iridologist selects the main markings to record on the iris drawing. If diagnosing from slides the practitioner is also selecting, but the multitude of surrounding details still accompanies the main markings. The drawing is an excellent means to grasp the interpretation on return visits without having to re-diagnose the slides. If relying on slides, the iridologist should also look in the iris to confirm correct positions and note the effects of the camera flash because it may have created shadows which look like toxic dark areas.

Evaluation of the constitution is the first priority. This offers a short cut to understanding the causes of illness.

The evaluation of the eliminative channels is also of prime importance. Their clearing will accomplish over half the work to restore harmonious body function. Against the background of the constitution and the eliminative systems all other markings and their relationships are considered.

The symptom pattern only needs to be considered if any of the symptoms are extremely strong. It is best that the symptoms be eliminated by interior transformation of their causes. When exhaustion is deep, the patient needs tonic herbs, or sometimes local treatments for conditions such as ear infections may be applied. Asthma may require extra support. A skin disease may call for an ointment. These extra symptomatic aids accompany internal treatments.

The first level of treatment needs to include support for all the weak eliminative channels, combined with constitutionally weak systems and organs. This is usually enough to create miracles of healing and reversal of symptoms. Add any other extra treatment that is appropriate.

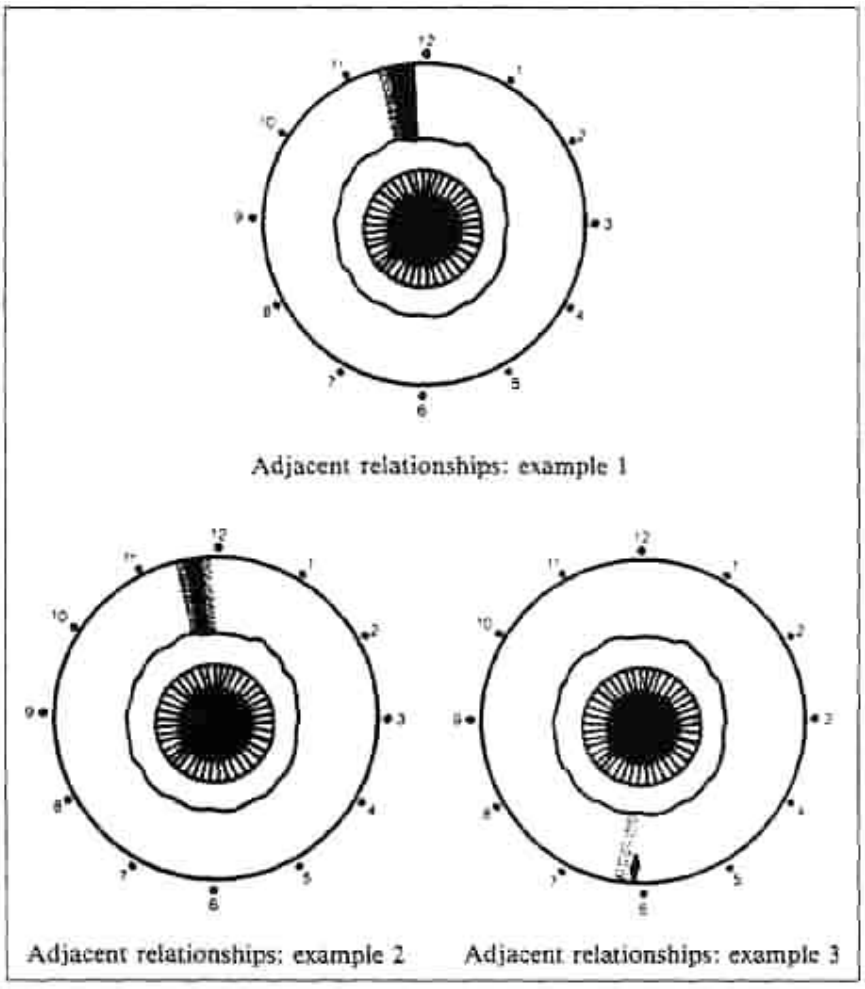
Follow-up treatment requires adjustment and variation. New symptoms may appear that require attention. All aspects of the iridology reading may not have been able to be treated at the first visit. Herbs and diet regimen will need variation and alternations. The practitioner is like a symphony conductor working with all the body organs and systems to create harmonious order.

RELATIONSHIPS

Once the essential language of iridology has been grasped and the ability to select significant patterns and form them into the individual mandala iris print has been achieved, the practitioner can absorb another dimension, that of relationships.

One has to stand back and gain another perspective in order to observe relationships. The eye has to travel from top to bottom, side to side, eye to eye and across the iris to discover the relationship patterns and their meanings.

There are several patterns which guide us to observe relationships.



Adjacent relationships: example 1

Adjacent relationships: example 2

Adjacent relationships: example 3

Adjacent relationships

Iris areas affect the iris areas next to them. These are significant relationships to consider in iridology. Examples are:

1. Fear and worry spilling over from the anxiety brain area into either the sexuality area or the sensory motor area.
2. Perfectionism pressure spilling over and affecting the function of the five senses area or the listening learning speaking area.
3. Overacidity in the kidney area causing gout in the foot area.

The spillover may occur in different forms:

1. Lacunae may include two areas, so both zones are affected and affect each other.
2. Toxins may spread from a lacuna or radii soleris.
3. Reflexive fibres may include the adjacent zone.
4. Lymphatic tophi at the end of an organ, gland or body area may also include the adjacent area.

You can only learn this by observation. When you notice these relationships they have to be interpreted in terms of the patient, the symptoms and the total iris reading. It should add a catalytic spark which will increase the holistic understanding of the patient's case, or it may explain a confusing symptom pattern.

Body systems

As each body system is made up of many different parts, the more parts that appear with abnormal markings in the iris the higher the priority for treatment. Sometimes when you add up the signs one or two body systems have an outstanding number of markings displayed in the iris reading. This often explains confusing symptom patterns.

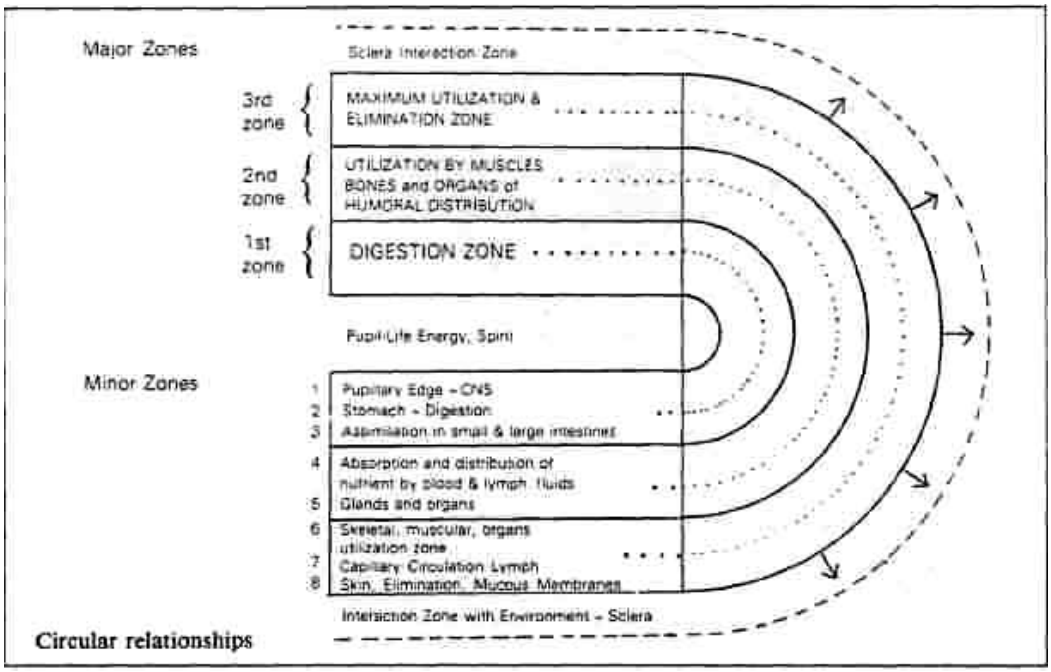
Observation of more than one body system shows interrelationships based on holistic anatomy and physiology as discussed in Chapter 5.

Circular relationships

Notice whether abnormal markings like psora, nerve rings, lesions or radii occur in the same circular zone. This will indicate a relationship between the body systems and parts of the zone as they function together during metabolic processes. (See diagram overleaf.)

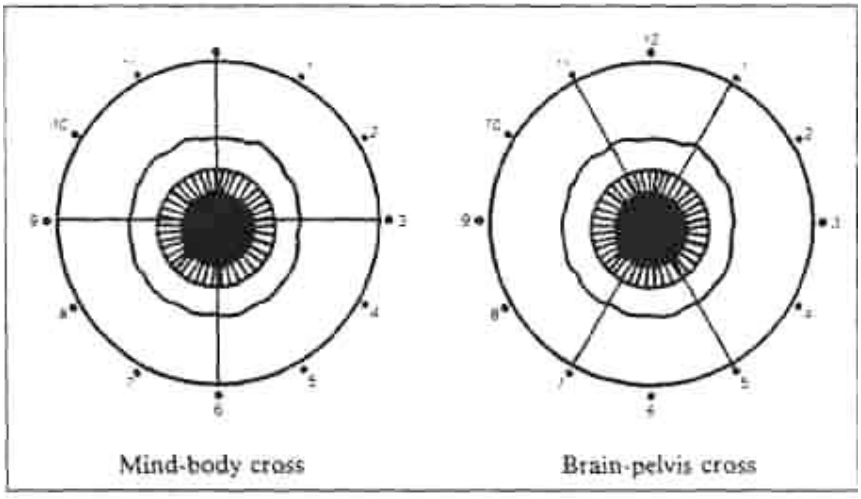
Cross relationships

Crosses establish segmental relationships at the same time that radials are formed. Crosses divide the iris into a pattern defining body areas.

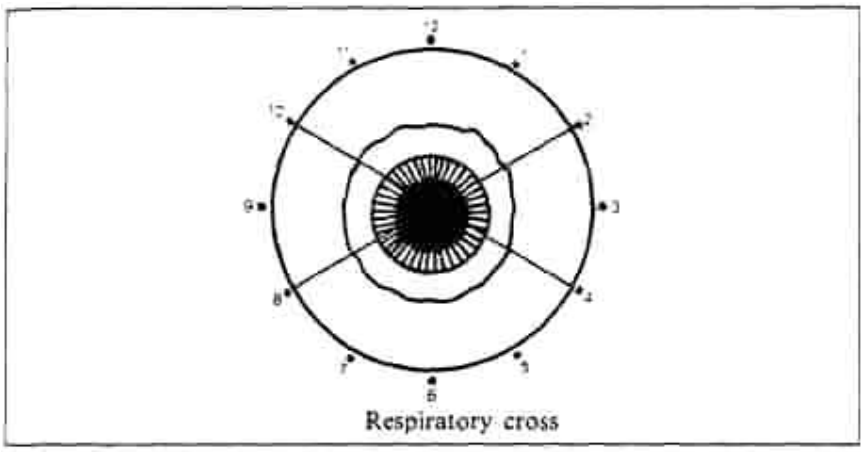

Major Zones
Sclera Interaction Zone
3rd zone
MAXIMUM UTILIZATION & ELIMINATION ZONE
2nd zone
UTILIZATION BY MUSCLES BONES and ORGANS of HUMORAL DISTRIBUTION
1st zone
DIGESTION ZONE
Pupil-Life Energy, Spirit
Minor Zones
1 Pupillary Edge – CNS
2 Stomach – Digestion
3 Assimilation in small & large intestines
4 Absorption and distribution of nutrient by blood & lymph fluids
5 Glands and organs
6 Skeletal, muscular, organs utilization zone
7 Capillary Circulation Lymph
8 Skin, Elimination, Mucous Membranes
Interaction Zone with Environment – Sclera
Circular relationships

1. ***Mind body equilibrium cross.*** This pattern shows **a** narrowly spiritual attitude to life: a mind/body split and lack of balance. The few people who have manifested this pattern in my practice were spiritual aspirants who denied themselves all the pleasures and support of the

world. They usually succumbed to nervous disorders because of the intensity of their aspiration.



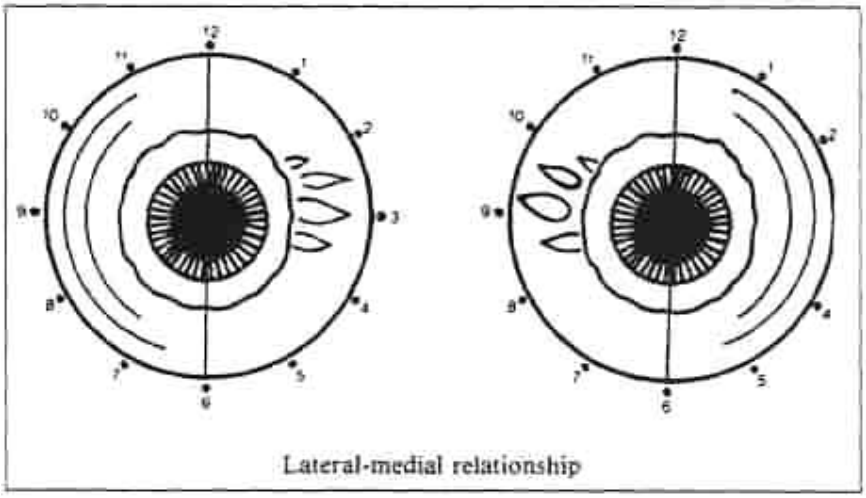
2. Brain pelvis cross. This pattern displays the higher and lower aspects of one's being and the struggle between the mind and the body. Observe the differences of texture, colour and abnormal markings in both segments. Their lives will reveal their choice, whether mind or body is allowed to dominate.



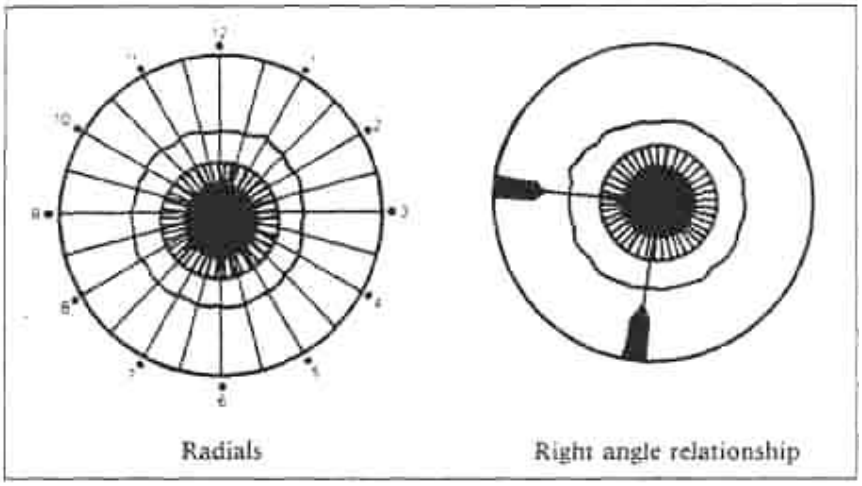
3. *Respiratory cross.* This pattern may be formed of radials, but you may also notice it when large lesions cover the respiratory area, which is confined within the shoulder/torso part of the body.

Lateral/medial relationship

Often nerve rings only appear on the lateral side of the iris, and this may be repeated in the other eye. Notice similarities. If nerve rings are medial, tension is deeper, more interior. If they are lateral it affects the outer body and possibly shoulder to groin muscles and neck tension. Posture may play its part also.



Lateral-medial relationship



Radials

Right angle relationship

Radials relationships

These lines reveal polarity reflex and opposite relationships. Refer to the individual radial descriptions in Chapter 3.

Right angle relationships

Adrenal/kidney to thyroid. Here the thyroid influences the function of the adrenal response.

Right/left irides and pupil relationships

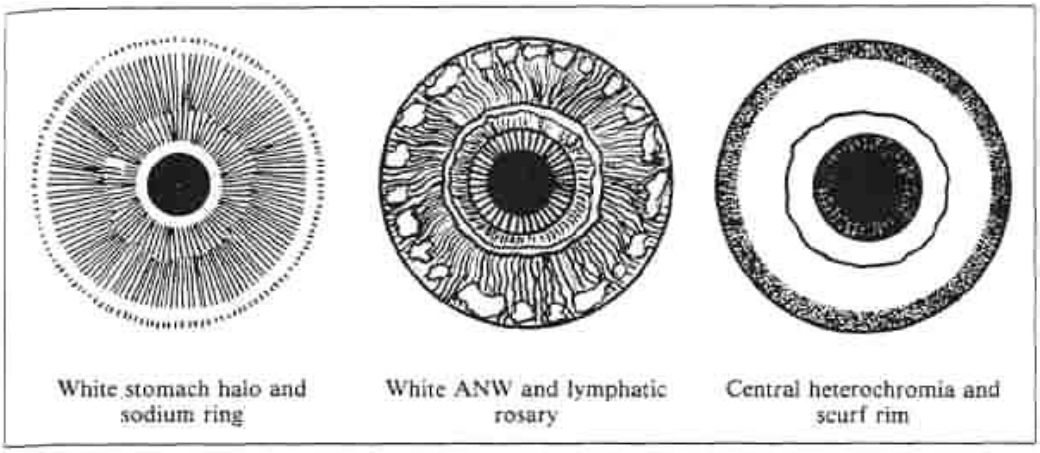
Observe any differences between rings on one iris or the other and write them down. Look for more nerve rings, radii, lacunae, etc., on one eye then the other, or for pupillary flattening, placement and size. Determine whether the person is right or left dominant by establishing an excess of markings and/or lacunae on either the right or left iris (Rayid). The right iris refers to the left brain and the left iris to the right brain as well as personality traits of masculine (right iris) and feminine (left iris).

Rings

Sometimes when you look in an iris two rings stand out. There are various combinations. These relationships tell us much about the systems which are breaking down or weakening and the cause of symptoms.

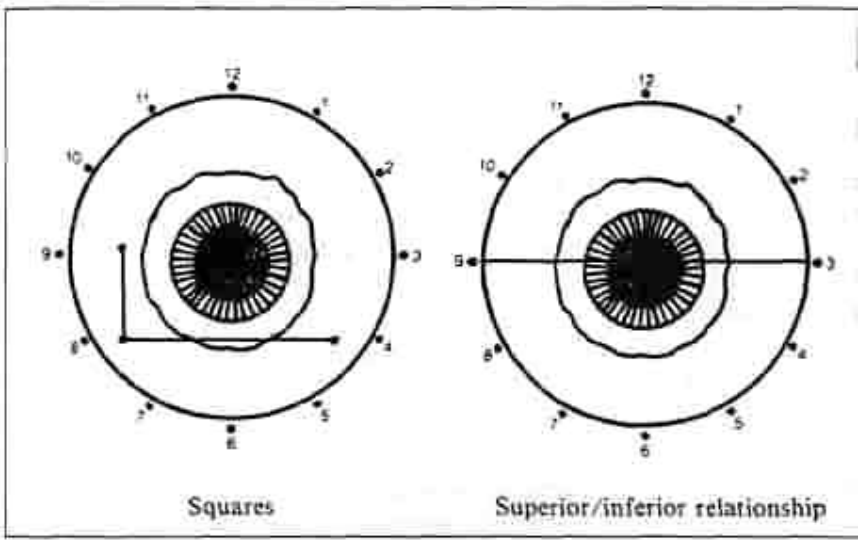
1. ***White stomach halo and sodium ring.*** Sodium/calcium imbalance. Digestive chemistry as a causative factor in sodium/calcium imbalance in the blood and the plaquing of the arterial walls which result in the hypercholesterol ring. Check out the thyroid, liver and heart as contributory factors.

2. ***White ANW and lymph rosary.*** Nerve and lymph hyperactivity and sensitivity. Here the individual is keyed for acute reaction. Check out the condition of the adrenals and use nourishing herbs to strengthen the nervous system. As the physical body is purified the lymphatic system will be less reactive. Bach flower remedies will also be helpful.

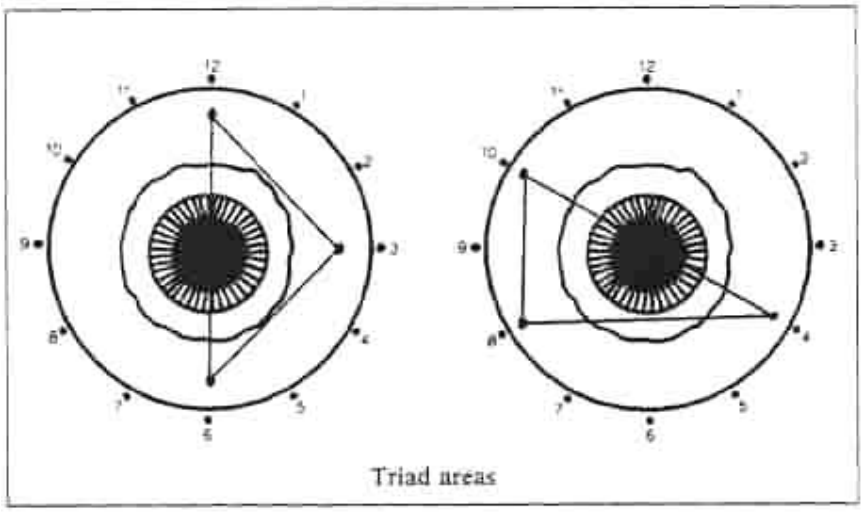


White stomach halo and sodium ring | White ANW and lymphatic rosary | Central heterochromia and scurf rim

3. ***Central heterochromia and scurf rim.*** Toxins in both the digestive system and the skin zone. Often the lymphatic zone may also be involved. Toxins have spread from the bowels overloading the lymph. Here two major eliminative channels are insufficient, toxins are collecting and creating a ground for disease to flourish. Increase the activity and effectiveness of all five eliminative channels to relieve this condition.



Squares | Superior/inferior relationship



Triad areas

Squares

In chronic pancreas cases the disease sign appears in several areas, forming a square. European charts reveal these pancreas placements in more than one place in both irides. Whenever there are pancreas signs check out all areas. Squaring of the ANW indicates advanced chronic disease.

Superior/inferior

Often there are noticeable differences between the top of the iris and the bottom. Possibly there may be more toxins in the pelvis or more reflexive fibres in the brain area. Toxins and circulation may be weaker in either head or torso areas. Equalization of circulation and tissue and blood purification will help to restore the balance. Perhaps the head is too active and they never exercise. Many interesting possibilities come from observing this relationship.

Triad areas

A malfunctioning heart area influences the life force zone causing exhaustion, weak will and low energy, thus influencing lack of movement and use of the legs.

Liver/gall bladder distress leads to congestion and pain in the right shoulder and scapula areas. Gas pressure causes swelling and congestive lumps around the scapula.

THE ELEMENTS IN THE IRIS

If a patient manifests symptoms mostly in water signs, fire signs, air or earth signs it is worth considering astrology, polarity therapy or acupuncture based on the balancing of elements.

In the book by French iridologist Gilbert Jausas *{Traité pratique d'Iridologie Medicale)* astro-iridology is considered significant as he has reached correlations consistently of 70 per cent between the localization of iris signs and planetary positions on astrological charts.

Shock will produce certain vivid markings in the iris and these should be considered when seeking to integrate mind, body, and emotion with a patient. I have often seen large white markings in the heart area, or in the ANW just where the heart area lies. On asking certain delicate questions, it was revealed that a strong trauma or a great sensitivity affected their heart, either with palpitations, or emotional pains which prevented them from establishing close relationships. Any area of the ANW which breaks out of regular formation with white jagged areas reflects the overactivity of that area, and is usually an escape valve. If this is the brain area, note carefully any markings in the sector the ANW points to.

One can also look at the iris from the points of view of patient self help: what does this person need to work on? How best can they develop or complete themselves? For instance, one person needs to develop sensitivity to others, compassion, consideration, etc. and the next person more strength of will and perseverance. Besides these obvious indications, there are other more subtle ones. The person with a tight small pupil exercises too much self control and needs to learn how to respond to outside influences. Patients with excessive markings in the digestive organs should seek to clear their emotional life of its destructive influence on physical tissue. This approach will serve to present difficult information in a way that the patient will be able to accept. After the treatment is over, it is often good to suggest further therapies such as Alexander technique if there are problems with posture; Acupuncture; Gestalt, etc.

Looking at the constitution either from the European point of view, or as Dorothy Hall sees it in terms of personality, will also give strong indications about potential life attitudes to consider in any mental and emotional work. They are classed in effect as personality types, and especially in the European school the homeopathic type remedies can be useful in diminishing the effect of the constitution on body weaknesses.

This interesting area requires that we use our full potential to assess the messages that stream through the iris patterns into the life of the person we are looking into. We need to use both our long and short vision, to gain understanding, to examine both the close up details and stand back and catch the overall view patterns of the iris mandala. If we freeze ourselves we will miss out. We need to take different views, different perspectives and fresh viewpoints.

Some iridologists like to follow the same patterns of examination every time they look in the irides; for example, Dorothy Hall likes to look at the head areas first and then evaluate how the rest of the body reflects the patterns there. My personal preference is to see what stands out, and go from there. In some patients it may be the brain zone, in others the digestive system. Sometimes a patient will manifest only one major sign, like a brilliant white ANW or an orange lymph system. You will find that this will be the key to their personality. The white ANW will reflect a frustrated overactive nature, lost in doing and perfectionism and the orange lymph will indicate toxic accumulation, but also the congestion of conflict and unresolved emotions.

Above all, you will learn that we are what we eat, yes, but more so what we think and what we feel and how we live our daily lives. You will

discover the keys to help each person unlock their understanding of themselves. Patients are lost in unrelated symptoms and a confusion of feelings and emotions. It is up to us to give a fresh vision of clarity and understanding that will give a sense of faith and trust in the body and help to stimulate the healing process. It is always a joy to see the happiness that comes over patients' faces when you explain why they have the symptoms they do, and why the body is doing what it is. It is a relief to know. There is nothing worse than not knowing and feeling at the mercy of unknown and unseen forces.

MIND BODY EMOTION RELATIONSHIPS IN THE IRIS

When you begin to perceive the whole life of the person in the iris you will know that you have reached a new level of professional expertise. Sometimes with one or more patients it will evade you, but with others the picture will be so clear that you will be astonished and amazed. Your patients will teach you many of these subtle mysteries, but here are a few examples to guide the way.

I was working with a patient who had been suffering from extreme grief for over two years. Her much beloved father had died suddenly and she was unable to accept this reality. Her mother, a most exquisite, proper and perfect lady, could not bear to see her daughter grieve in such a heartbroken way and forced her to suppress her feelings, with the result that she swelled up, and gained over a stone in weight within a few days. During the two years she had been to various practitioners seeking help, and had tried many diets. For the past year she had been the patient of a well known Auryvedic doctor who had helped her considerably, but the problems were complicated and chronic.

On analysis she revealed severe anxiety tetanic eyes, with heavy self-destructive radii soleris contained within dark nerve rings. She would complain, 'I cannot forgive my father for leaving me'. She made considerable progress in the treatment. I referred her to reflexology (which got her periods going again) and acupuncture to help stabilize her emotions. From time to time I would feel her contained anger, and once found myself hoping that I would never be the target of the anger. She had ended several therapeutic relationships in difficult and emotional circumstances and asked me to write a letter to help her bring a case against one doctor who had been treating her.

She invited me to her apartment because I was interested to purchase music she had collected and I wanted to hear it. I was astounded on entering to see a large collection of owls made of ceramic, metal or glass. They peeked from every shelf and covered every table, and she was very proud of them, telling how she had been collecting them for years.

On holiday in Crete I noticed lovely owl knick-knacks and bought a little bronze one for her, noticing for the first time that the eye markings on the little sculpture exactly matched the ones on my patient ... pure anxiety tetanic. There was more than met the eye in this similarity. Think of the owl: fluffy feathers, soft, with large round eyes (like my patient, an initial sweetness) then you notice the hard beak which swerves to swoop down on defenceless victims in the dead of night. Within a short time I

was to experience most clearly that deep and powerful destructive force within her that the outer nerve rings struggled to control so that she could present the gentle, mannerly and sociable image outside that her mother demanded of her. I should never have gained such a deep understanding of the anxiety tetanic type without knowing the patient in her own home. It was an unusual exception. I was fortunate to have learned such a valuable lesson.

Another example came in the case of an attractive, sincere, troubled young man. He was in the music world, and lived with a girlfriend. When I looked in his iris I noticed that the brain areas for anxiety and sexuality on the right iris were filled with brilliant white radials.

'Do you have any worries in your sex life'? I asked him.

With surprise, he answered immediately, 'Yes! How did you know'?

I showed him the chart and asked whether he would like to share his problems. He said he would, after explaining that he had never talked to anyone else about it before. It turned out that he had been seduced by an older cousin who had come to stay when he was in his early teens. They had to share a bed as there was no other place to stay. He felt guilty about it, but he also admitted that he enjoyed the pleasure. Although he had never again experienced sexual relations with a man, he said that he struggled with this in his mind and that he felt attracted to certain men and wondered about it all the time. He had a very permanent and loving relationship with his girlfriend, and would never sleep with other women because he did not want to hurt her or their good relationship. He admitted feeling attracted to other women as well.

The problem here was not one of mental illness, but sheer overactivity of thought he could not resolve. I helped him to understand his feelings and questions were normal, and the Bach flower remedies eased the mental strain so he could rise above the worries. The white iris markings in the brain area calmed down as well.

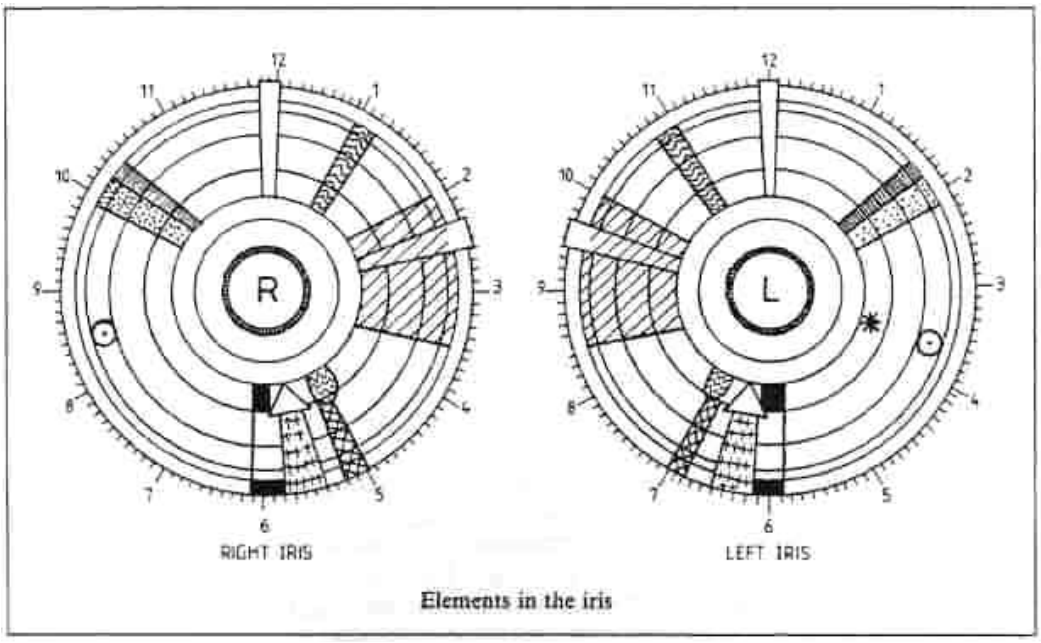
The very first eyes that I looked in several years ago reflected a poignant picture of that individual. He was a young man in his mid twenties, who had remained celibate all his life due to devotion to a spiritual path and a strong sense of discipline. He also was a recluse, limiting everything in his existence to the bare minimum - possessions, relationships and food, going out as little as possible, except in connection with his spiritual group. His eyes revealed a strong constitution and were very clean and clear blue eyes. The only strong markings were a cross on either eye. Both the 12-6 and the 9-3 radials were evident on both eyes. I was so astounded that this Christ-like person should have crosses in his eyes. If you read about these two radials, showing the mind body spilt with the horizontal line and the grounding on the earth with the vertical line you can understand how those eyes reflected the total life of that person.

As I have mentioned before, differences in markings on the left and right irides reveal much about the person, especially concerning male and female energies, both in the life of the person and their relation to parents and spouses. Individuals who exhibit lack of trust and unusual fear which inhibits receptivity will manifest deep strong left sided nerve rings, usually started at the groin. Unusually aggressive, overactive or successful

dynamic people may exhibit excessive nerve rings on the right side. There are so many interesting permutations on this theme which you only get to understand by talking to the person, and asking the right questions.

Another key is to consider the five elements and how they manifest themselves in the reading. The list below shows how the elements are related to various organs and areas of the body, based on the astrological signs.

Aries - eyes and head Taurus - neck Gemini - arms, shoulder Cancer - breast Leo - solar plexus Virgo - abdomen Libra -kidneys Scorpio - genitals Sagittarius - thighs Capricorn -knees Aquarius - ankles Pisces - feet.



Elements in the iris

It is also interesting to look at the iris by the elements themselves:

Earth: Bones, faeces, calcifications, teeth
Water: Urine, lymph, mother's milk, secretions, saliva etc. (fluids)
Fire: Digestion: stomach, intestines, bowels, liver, gall bladder, pancreas, duodenum (warmth) Circulation: Heart, blood
Air: Breathing processes, nerve system of communication

IRIDOLOGY CHART FOR EMOTIONS

RIGHT EYE - *Male Principle. Relationships with men and one's male energy.*

12:00	AGGRESSION OR EXPRESSION, Creativity, I am. Suppressed vitality, frustration, determination to succeed or always acting and doing.	Life force
12:30	WHO AM I? Proving for self and/or others.	Perfectionism pressure
1:00	Clarity of thought affected by emotion.	Intelligence
2:00	Determination OR frustration, grin and bear it.	Jaw
2:00	Expression through voice OR suppression.	Throat
2:30	Rhythm of life (hyper- or hypoactive).	Thyroid
4:00	Strong convictions. Strength.	Spine
5:00	Lack of trust. Fear. Lack of normal sexuality.	Vagina
5:30	Balance, ability to make decisions, knowing.	Kidneys
6:00	Grounded, stand on own feet, responsible (Knees for stubbornness) OR flexibility.	Legs, feet
6:30	Stress.	Appendix
7:30	Suppressed sexuality OR over sexuality.	Testes, ovary
7:20	Valve of expression/repression of emotions.	Diaphragm
7:30	Bitter gall, anger, jealousy, resentment, hate.	Liver/gall bladder
8:00	Don't handle giving and receiving well. Difficulty reaching out to others needs and wants. Feeding one's self (denying OR overindulging)	Arms, hands
8:30	Difficulty with giving and receiving nourishment. Nurturing inhibited or expressed.	Breast
10:00	Responsibility for self and others. Shoulders bent over in fear and protection	Shoulders

11:00	Basic physical functions affected by emotions.	Medulla
11:30	Lost in fantasies, dreams, hallucinations.	Mental sexuality

LEFT EYE - *Female principle. Relationships with women and one's female energy.*
Lack of confidence. Fear overrules doing.

12:00	Lack of motivation. Apathy.	Life force
12:15	Comfortable or uncomfortable in relation to environment and social background.	Sensory motor
12:30	Fear of being in the moment, or accepting reality.	Anxiety
2:30	Either loving warmth OR depression and fear. Generosity OR life is not worth living.	Heart
4:30	Cannot think clearly or concentrate. Longing for sun and warmth.	Spleen
6:45	Fear. Won't let go or eliminate. Holding on.	Anus
7:15	Acute reactions to emotional stress (Bedwetting in children; cystitis).	Bladder
11:15	Invasion of psyche. Spirit weak. Lack of will.	Pineal
11:30	Lack of connection to higher forces and their guidance. Unable to govern life from higher centre. Unable to have children.	Pituitary